

DOCUMENT RESUME

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EC 302 629

TITLE Cuaderno de Recetas Ilustradas para Jovenes con Impedimentos--Para Estudiantes con Impedimentos Leves y Moderados (Notebook of Illustrated Recipes for Youth with Disabilities--For Students with Light and Moderate Disabilities).

INSTITUTION Puerto Rico State Dept. of Education, Hato Rey. Office of Special Education.

PUB DATE 90

NOTE 186p.

PUB TYPE Guides - Classroom Use - Teaching Guides (For Teacher) (052)

LANGUAGE Spanish

EDRS PRICE MF01/PC08 Plus Postage.

DESCRIPTORS *Cooking Instruction; *Disabilities; Elementary Secondary Education; Nutrition Instruction; *Reading Difficulties; Resource Materials; Safety; Special Education

IDENTIFIERS Cook Books; Food Preparation; *Puerto Rico; *Recipes (Food)

ABSTRACT

This collection of recipes has been prepared with attention to the needs of students with disabilities who lack reading skills sufficient to be able to use ordinary cookbooks. Presentation in this illustrated form helps them understand the processes of food preparation as it introduces a basic culinary vocabulary. The teacher can use this collection as a complement to courses in nutrition and food preparation, taking into account the abilities of the student. Illustrated units contain information on: (1) culinary terms, (2) food groups, (3) accident prevention, (4) cooking utensils, (5) table service, (6) measurement, (7) menus, and (8) recipes for various categories of food. (SLD)

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CUADERNO DE RECETAS ILUSTRADAS PARA JÓVENES CON IMPEDIMENTOS

(PARA ESTUDIANTES CON IMPEDIMENTOS LEVES Y MODERADOS)

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(PARA ESTUDIANTES CON IMPEDIMENTOS LEVES Y MODERADOS)



1990

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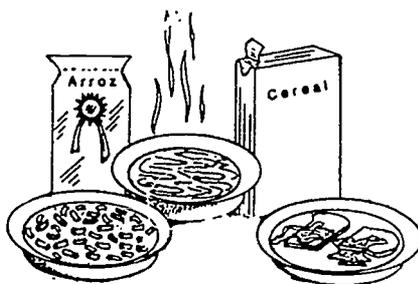
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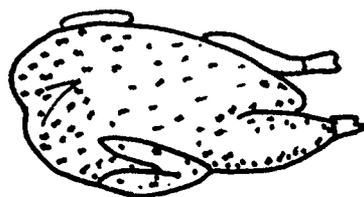
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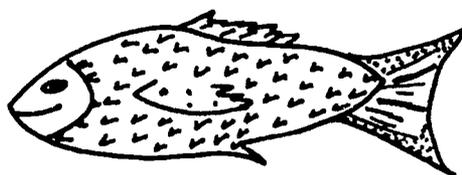
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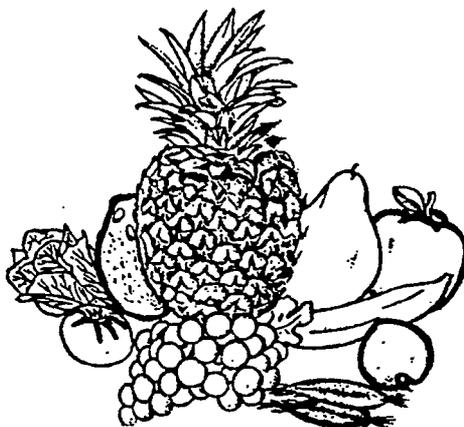
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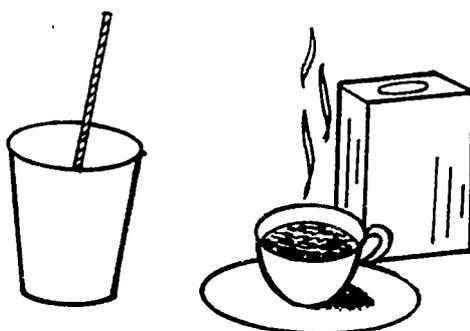
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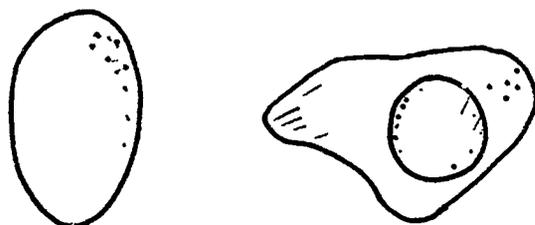
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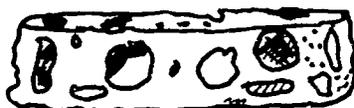
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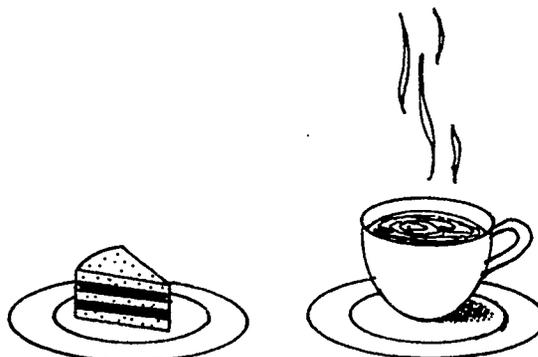


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INTRODUCCIÓN

ESTE MATERIAL CONSTA DE UNA SERIE DE RECETAS ILUSTRADAS SOBRE LA CONFECCIÓN Y SERVICIO DE ALIMENTOS.

SE HA PREPARADO EN ATENCIÓN A LAS NECESIDADES DE ESTUDIANTES CON IMPEDIMENTOS QUE CARECEN DE DESTREZAS DE LECTURA APROPIADAS PARA COMPRENDER LOS LIBROS DE RECETAS COMUNES. LA PRESENTACIÓN DE ÉSTE EN FORMA VISUAL LE AYUDARÁ A COMPRENDER EL PROCESO DE PREPARACIÓN DE RECETAS. EL MISMO, INTRODUCE TAMBIÉN, UN VOCABULARIO BÁSICO, QUE FACILITARÁ AL ESTUDIANTE EL DESEMPEÑO DE TAREAS CULINARIAS, ASÍ COMO LA COMUNICACIÓN RELACIONADA CON ESTE TEMA, CON PROPIEDAD Y CORRECCIÓN.

SE INCLUYE MATERIAL ILUSTRADO SOBRE LOS GRUPOS DE ALIMENTOS, UTENSILIOS DE COCINA, LA PREVENCIÓN DE ACCIDENTES, RECETAS DE PLATOS ESPECIALES Y ALIMENTOS DE FÁCIL PREPARACIÓN.

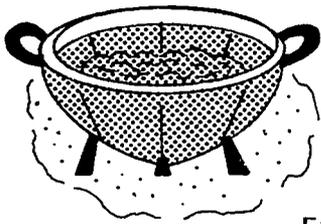
EL MAESTRO UTILIZARÁ ESTE CUADERNO COMO AYUDA COMPLEMENTARIA EN LOS CURSOS DE NUTRICIÓN Y PREPARACIÓN DE ALIMENTOS. DEBERÁ CONSIDERAR LAS LIMITACIONES DEL ESTUDIANTE AL UTILIZAR ESTE CONTENIDO Y SERÁ UNA OPCIÓN INCLUIR OTRO MATERIAL DE FÁCIL COMPRENSIÓN PARA AQUELLOS ESTUDIANTES QUE LO REQUIERAN.

RECOMENDAMOS LA UTILIZACIÓN DE MATERIALES CONCRETOS Y SEMI-CONCRETOS PREVIO A LA PRÁCTICA REAL. CONFIAMOS EN QUE ESTE MATERIAL SEA UNA HERRAMIENTA MÁS QUE ROMPA BARRERAS PARA EL DISFRUTE DE EXPERIENCIAS DEL DIARIO VIVIR, PROVEYENDO CONOCIMIENTOS Y DESTREZAS QUE AYUDARÁN A NUESTROS ESTUDIANTES CON IMPEDIMENTOS A VIVIR UNA VIDA MÁS PRODUCTIVA.

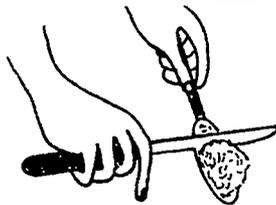
RECONOCIMIENTO

LA SECRETARÍA AUXILIAR DE EDUCACION ESPECIAL
RECONOCE Y AGRADECE A LA SRA. NORMA I. SANTIAGO POR
SU DILIGENCIA EN MECANOGRAFIAR ESTE CUADERNO.

TÉRMINOS CULINARIOS



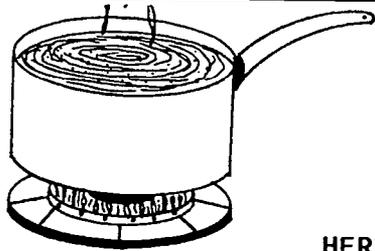
ESCURRIR



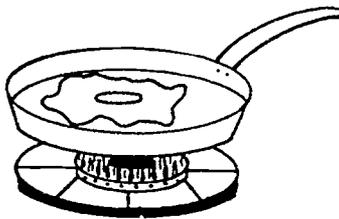
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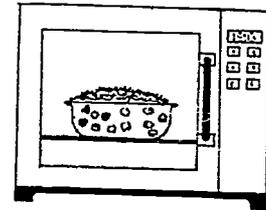
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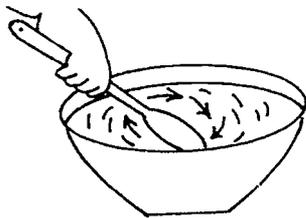
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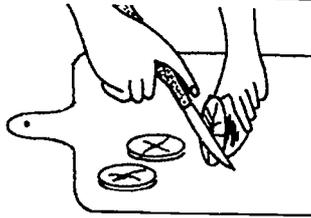
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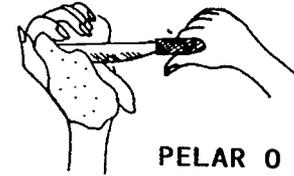
HORNEAR



MEZCLAR



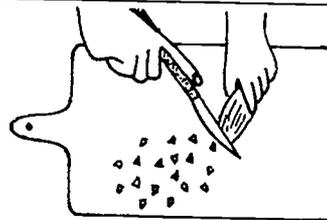
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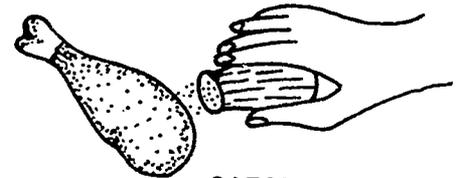
PELAR O
MONDAR



GUALLAR
O RAYAR



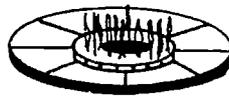
PICAR



SAZONAR
O ADOBAR



FUEGO ALTO



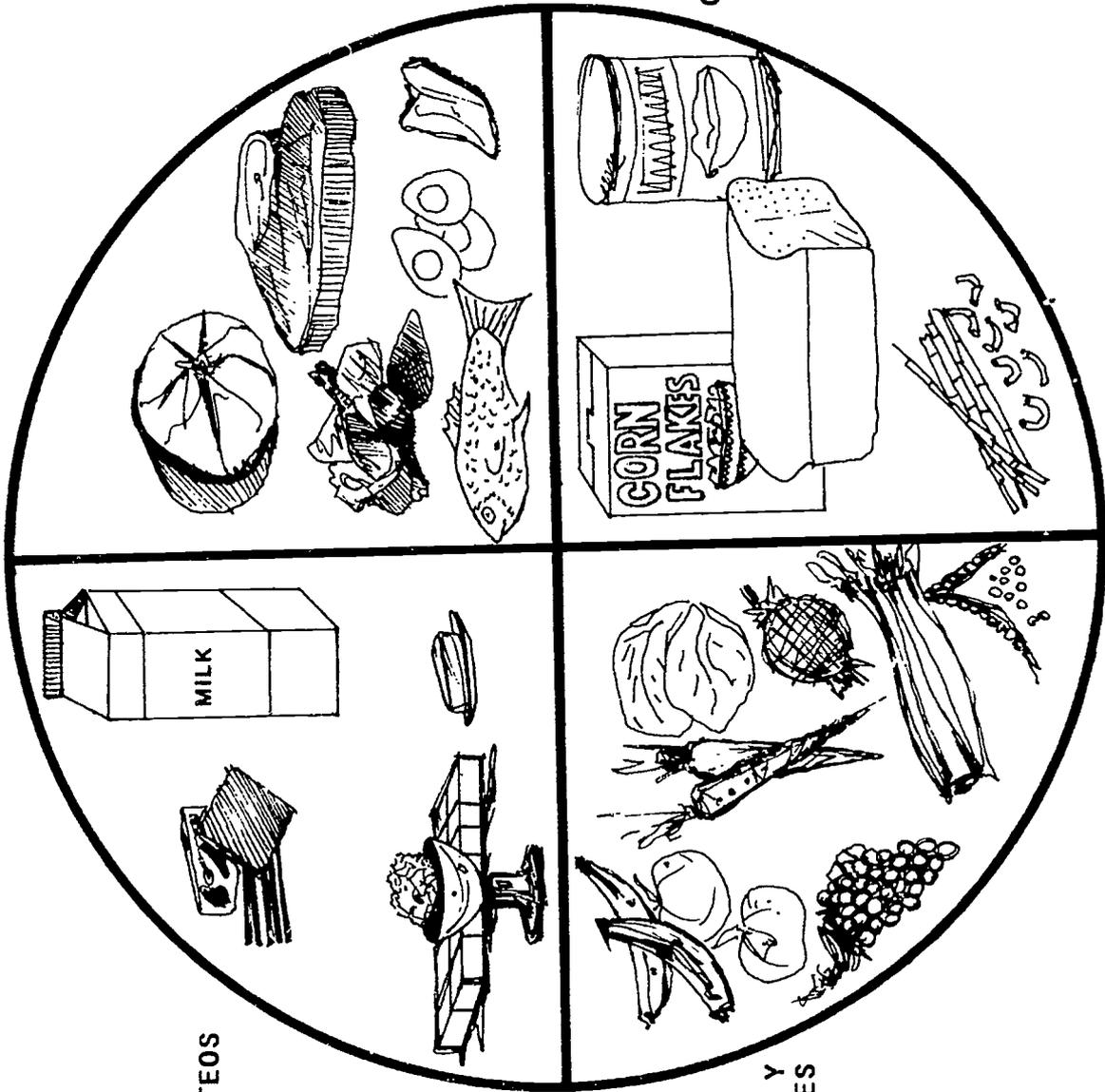
FUEGO MODERADO



FUEGO BAJO O LENTO

GRUPOS DE ALIMENTOS

LA RUEDA DE ALIMENTOS



LECHE Y
PRODUCTOS LÁCTEOS

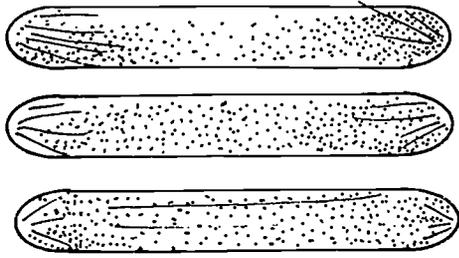
CARNES
Y
PESCADO

CEREALES

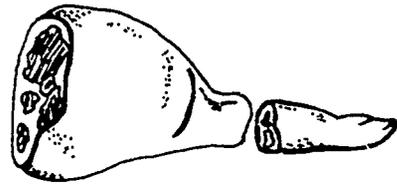
FRUTAS Y
VEGETALES

ALIMENTOS QUE DEBEMOS COMER

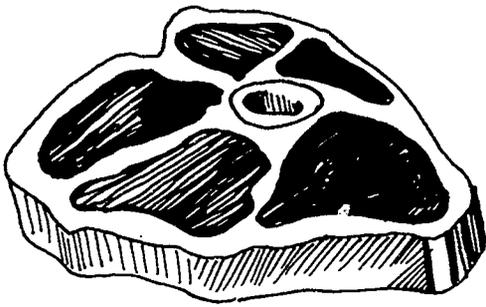
LAS CARNES Y PESCADO



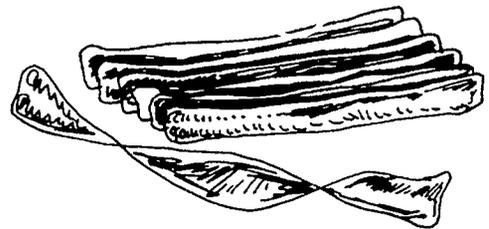
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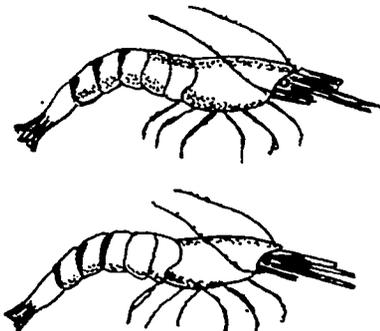
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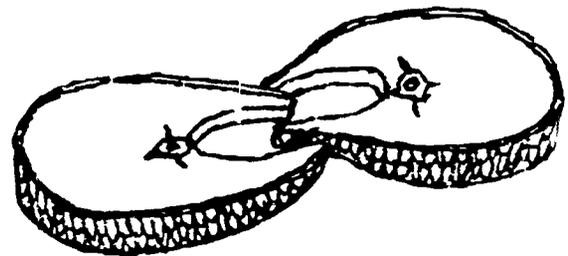
CARNE DE RES



TOCINETA



CAMARONES

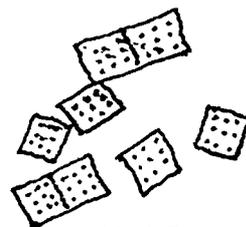


RUEDA DE PESCADO

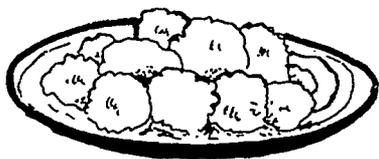
LOS CERALES



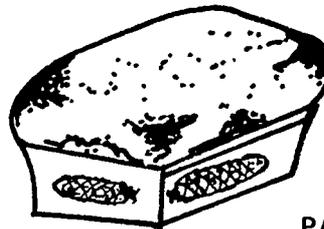
AVENA



GALLETAS



HOJUELAS
DE MAIZ



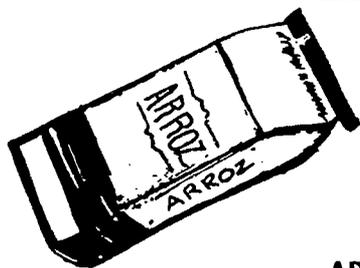
PAN
DE MAIZ



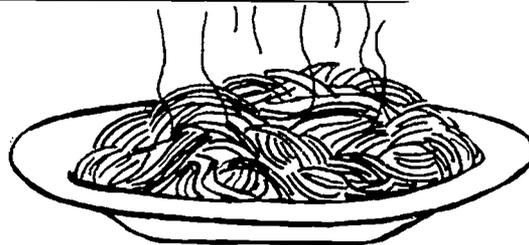
CEREAL
DE TRIGO



MACARRONES



ARROZ



FIDEOS

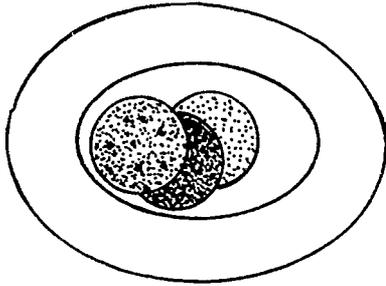


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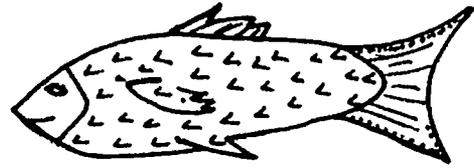


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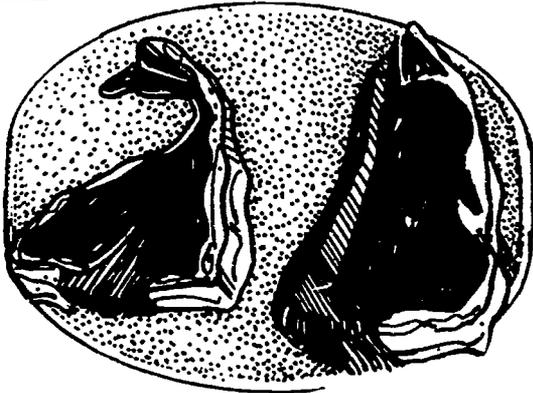
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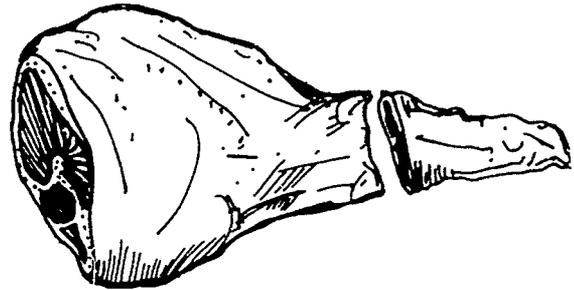
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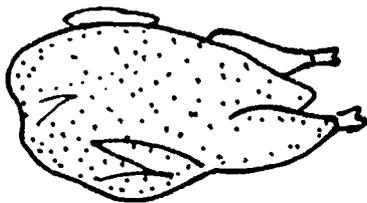
PEZ



CHULETA



CERDO



POLLO

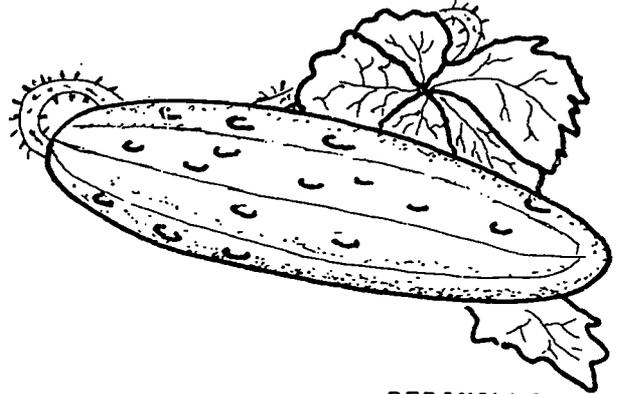


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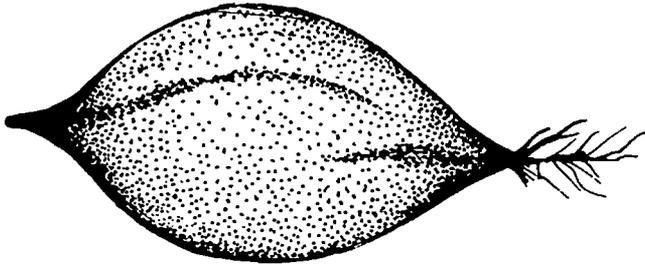
LOS VEGETALES



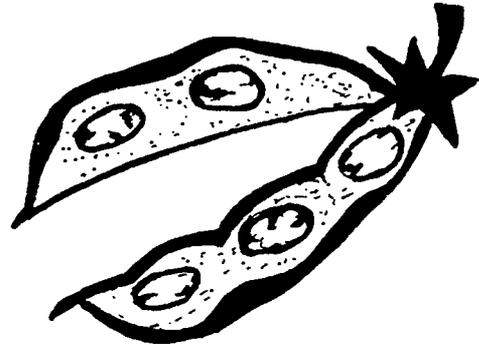
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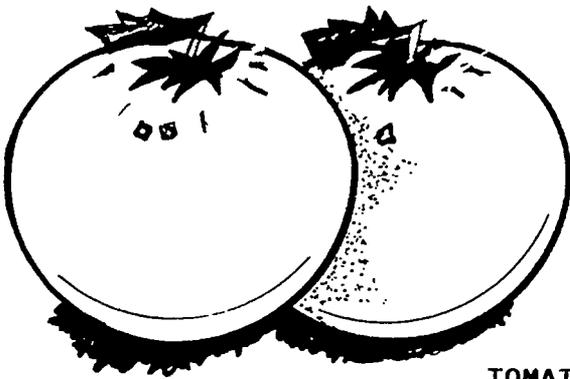
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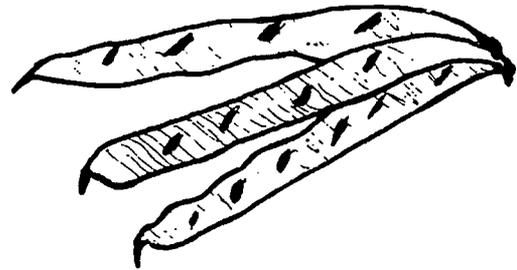
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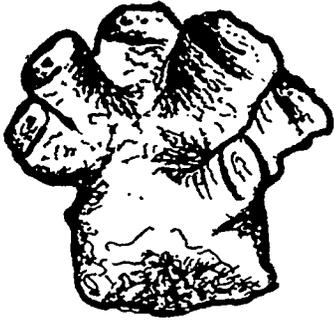


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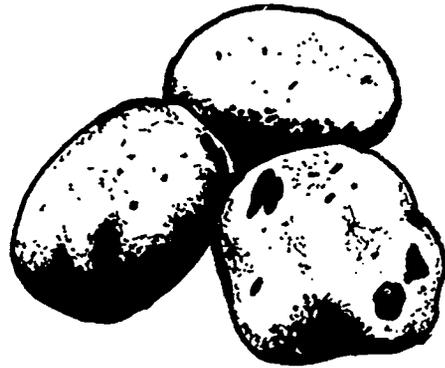


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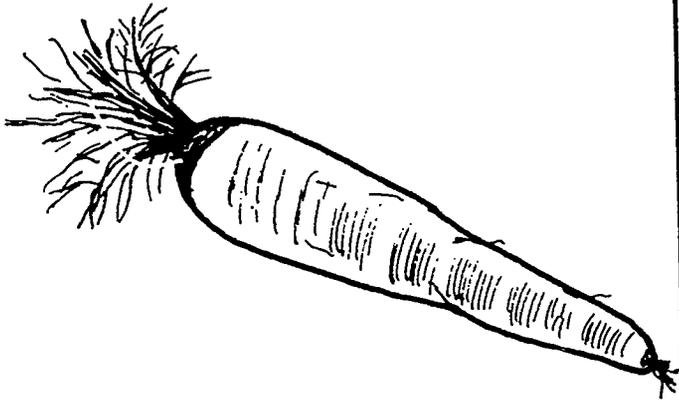
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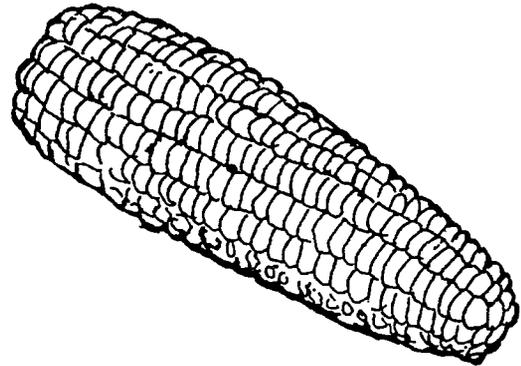
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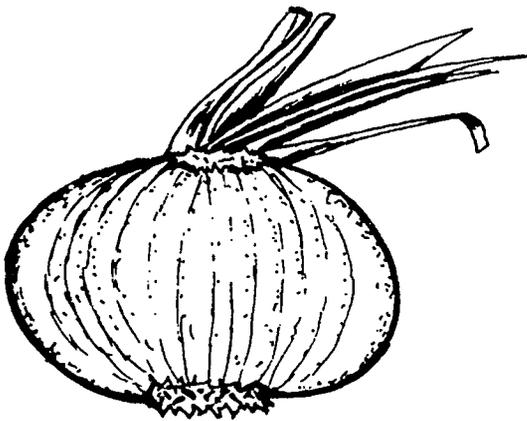
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ZANAHORIA



MAIZ EN MAZORCA

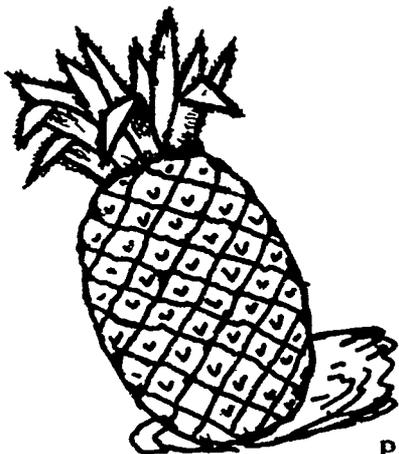


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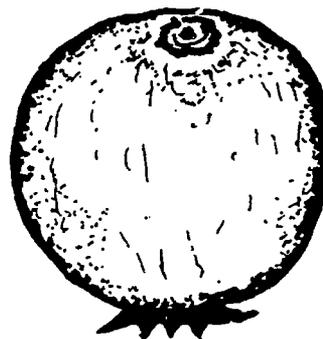


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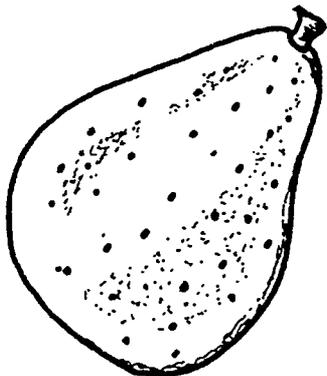
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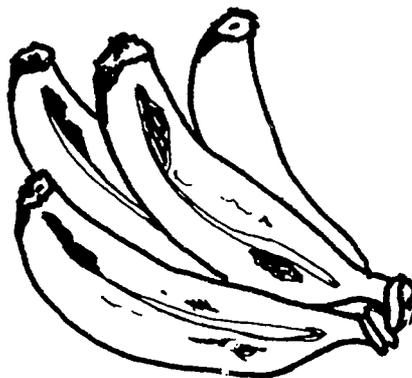
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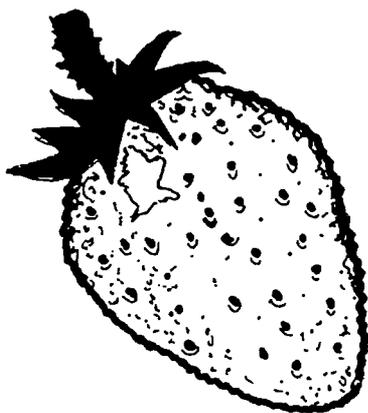
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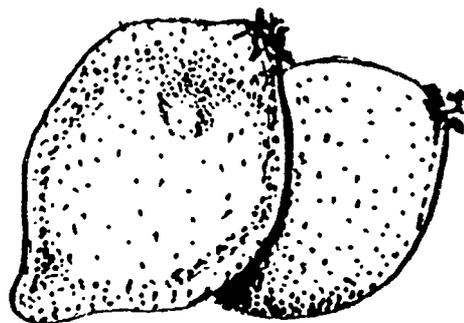
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GUINEOS MADUROS

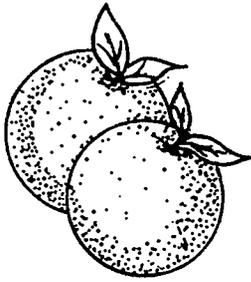


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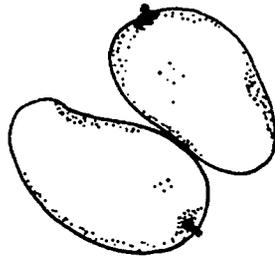


LIMONES

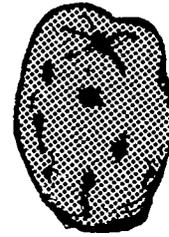
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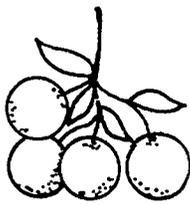
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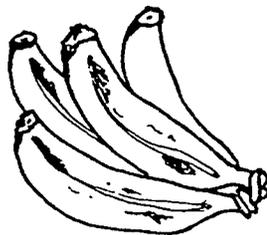
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JOBO



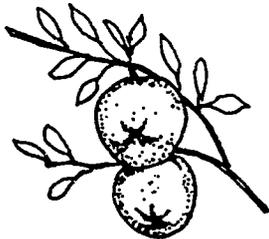
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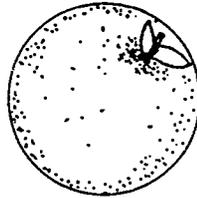
GUINEOS



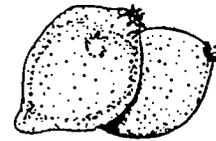
PIÑA



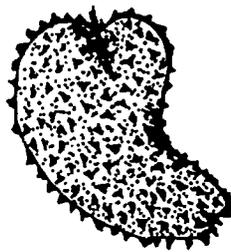
ACEROLA



TORONJA



LIMON



GUANABANA

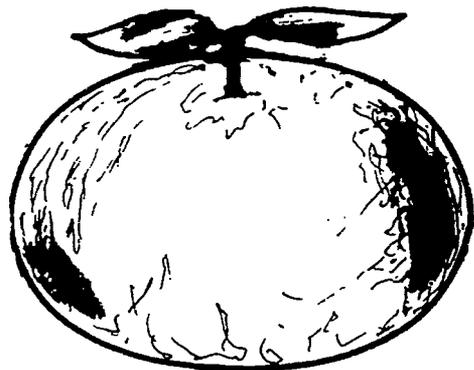


PAPAYA

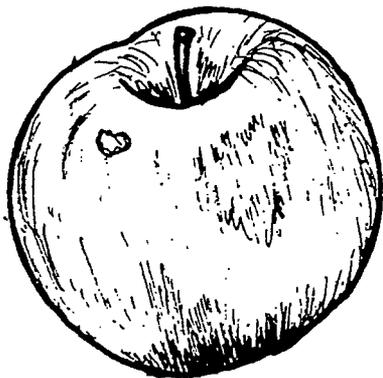
LAS FRUTAS (CONT.)



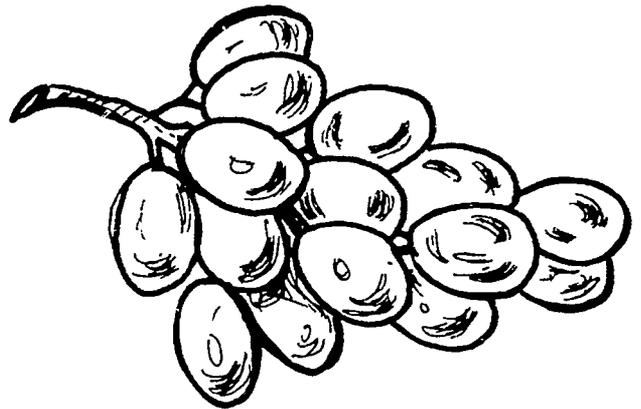
CHINA



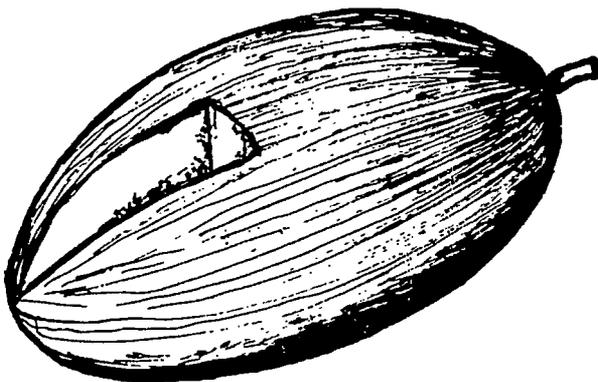
TORONJA



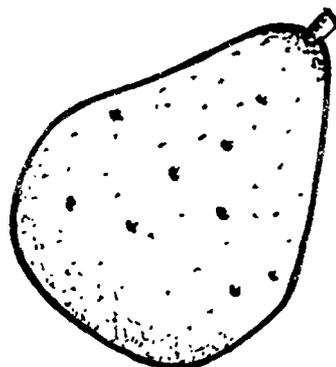
MANZANA



UVAS

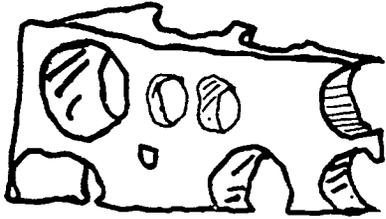


MELON



PERA

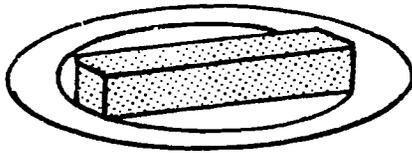
LOS PRODUCTOS LÁCTEOS (DERIVADOS DE 'LA LECHE)



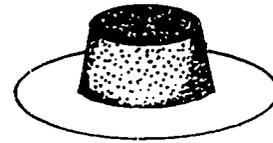
QUESOS



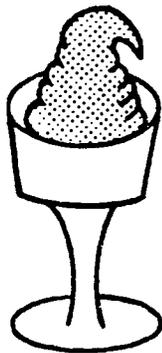
REQUESÓN



MANTEQUILLA



FLAN



MANTECADO

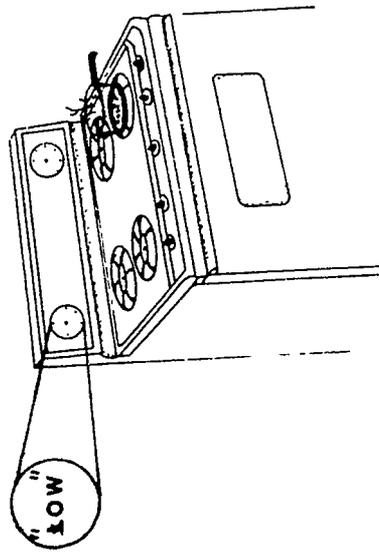


LECHE

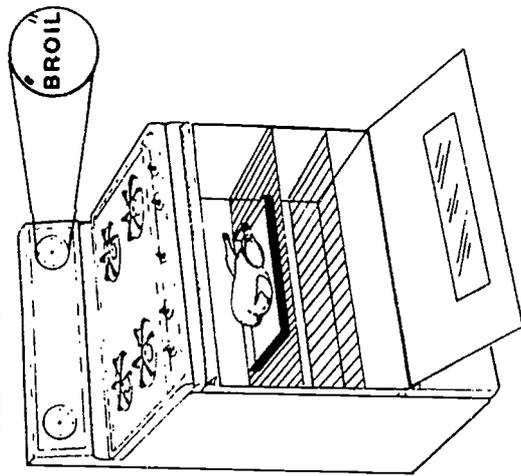
PREVENCION DE ACCIDENTES

USO DE LAS TEMPETURAS EN LA ESTUFA

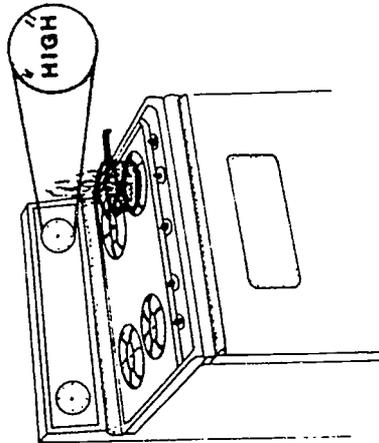
RECUERDA:



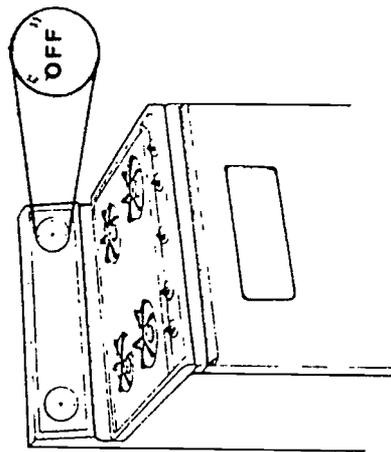
TEMPERATURA BAJA ("LOW")



ASADOR EN TEMPERATURA ALTA ("BROIL")

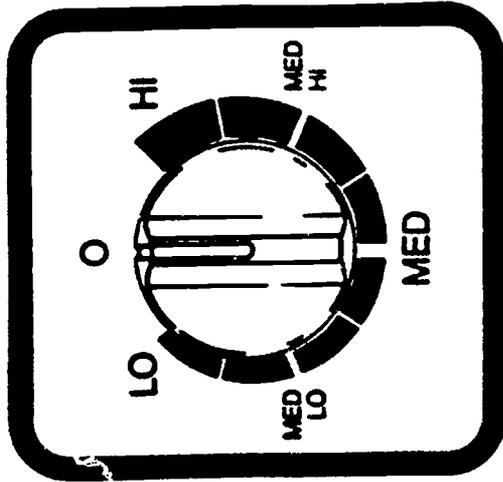


TEMPERATURA ALTA ("HIGH")



APAGADO ("OFF")

CONOCE EL SELECTOR DE TEMPERATURAS



TEMPERATURA

ALTA

MEDIANAMENTE ALTA

MEDIANAMENTE

MEDIANAMENTE BAJA

BAJA

USO APROPIADO

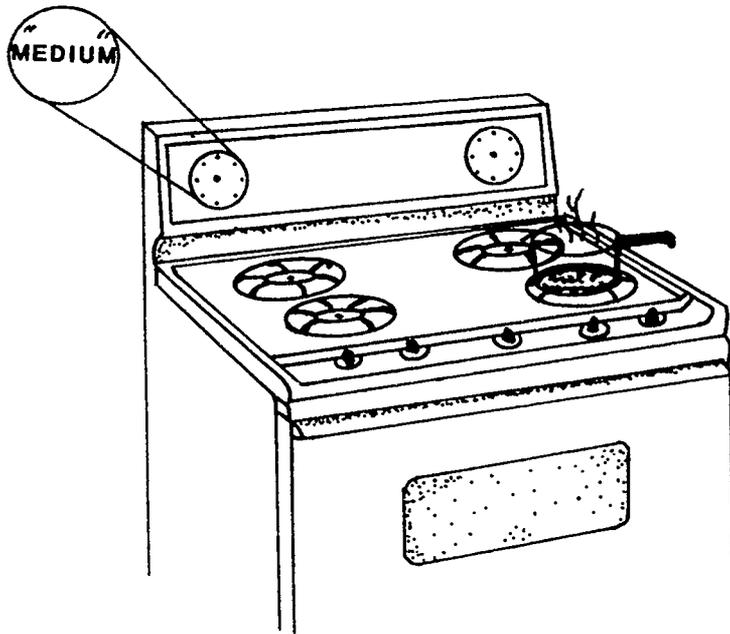
SE COMIENZA CON ESTA TEMPERATURA EN LA MAYORÍA DE LOS ALIMENTOS QUE COCINAMOS. LA USAMOS PARA HERVIR Y DORAR ALGUNOS ALIMENTOS.

PARA FREIR, HERVIR

PARA MANTENER UNA EBULLICIÓN MÁS BAJA. LA USAMOS PARA SALSAS Y COMIDAS QUE NECESITAMOS COCER AL VAPOR.

PARA MANTENER LOS ALIMENTOS EN COCCIÓN, ESCALFAR (HERVIR EN AGUA) LOS HUEVOS, COCER AL VAPOR.

PARA MANTENER LOS ALIMENTOS TIBIOS, DERRETIR Y HERVIR A FUEGO LENTO.



TEMPERATURA MODERADA ("MEDIUM")

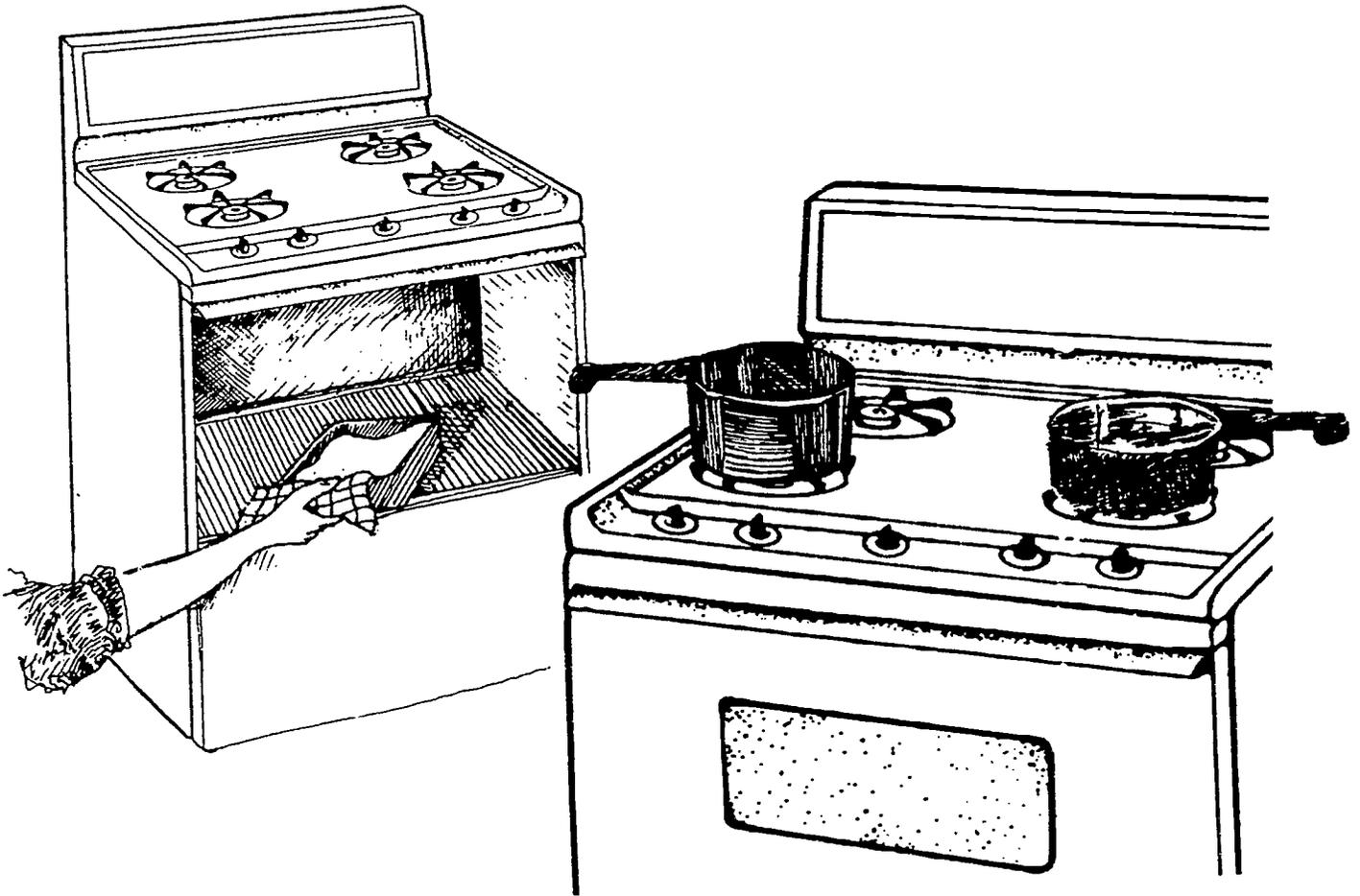


RECUERDA:

PARA EVITAR ACCIDENTES
DEBES MANTENER LIMPIA EL
ÁREA DE TRABAJO.

RECUERDA:

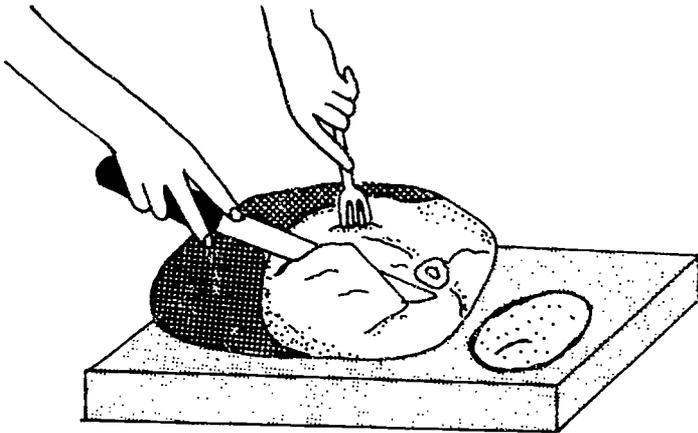
UTILIZAR AGARRADERAS AL
SOSTENER UTENSILIOS CALIENTES



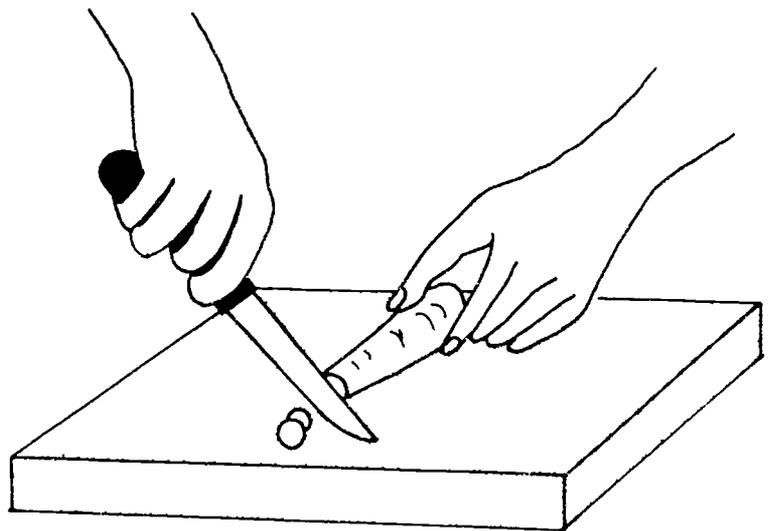
COLOCAR LOS MANGOS DE LAS
OLLAS O CACEROLAS HACIA EL
LADO O HACIA ATRÁS

RECUERDA...

AL CORTAR DEBES UTILIZAR
LA TABLA DE PICAR.

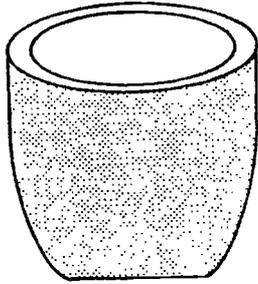


CORTA EN DIRECCIÓN HACIA
AFUERA, SUJETANDO BIEN
EL ALIMENTO.

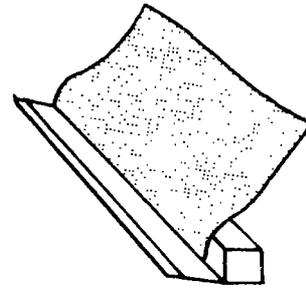


UTENSILIOS DE COCINA

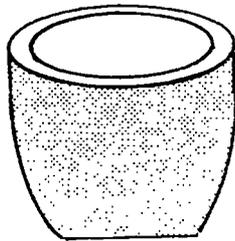
UTENSILIOS DE COCINA



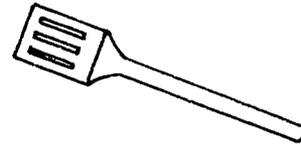
ESCUDILLA O ENVASE GRANDE



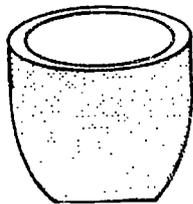
PAPEL ENCERADO



ESCUDILLA O ENVASE MEDIANO



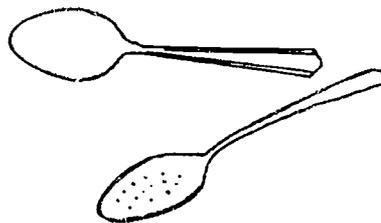
ESPÁTULA



ESCUDILLA O ENVASE PEQUEÑO



CUCHILLOS



CUCHARAS

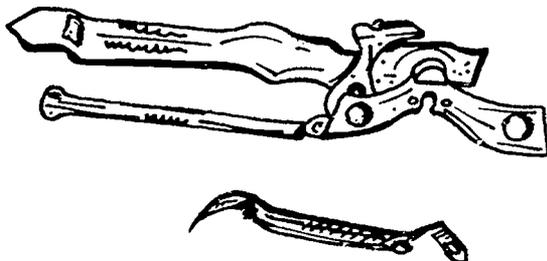
UTENSILIOS DE COCINA (CONT.)



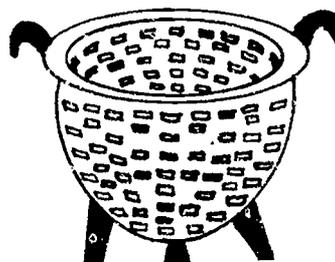
TABLA PARA PICAR



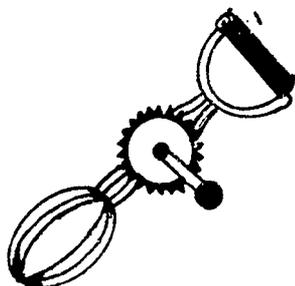
AGARRADERAS



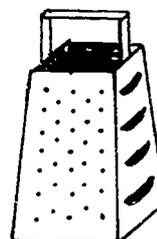
ABRIDOR DE LATA



ESCURRIDOR



BATIDOR MANUAL



GUAYO

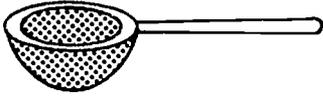


MONDADOR

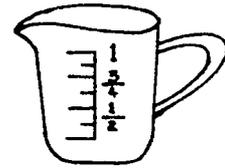


CEPILLO PARA LAVAR VEGETALES

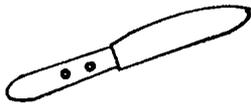
UTENSILIOS DE COCINA (CONT.)



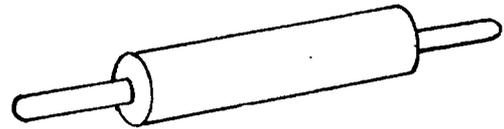
CERNIDOR



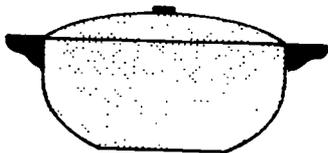
UNA TAZA DE MEDIR



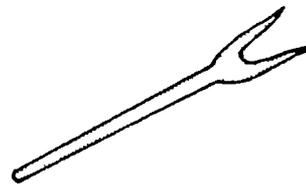
ESPÁTULA



RODILLO



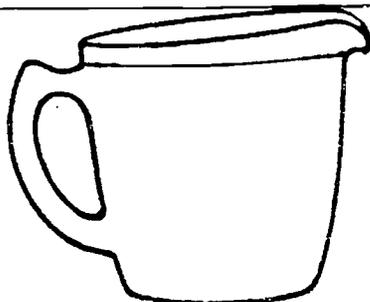
CALDERO



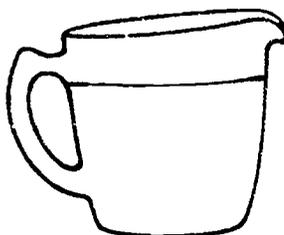
TENEDOR DE FREIR

UTENSILIOS DE COCINA (CONT.)

TAZAS DE MEDIR



1 TAZA



$\frac{3}{4}$ TAZA



$\frac{1}{2}$ TAZA



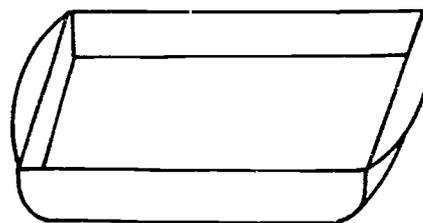
$\frac{1}{4}$ TAZA

UTENSILIOS DE COCINA (CONT.)

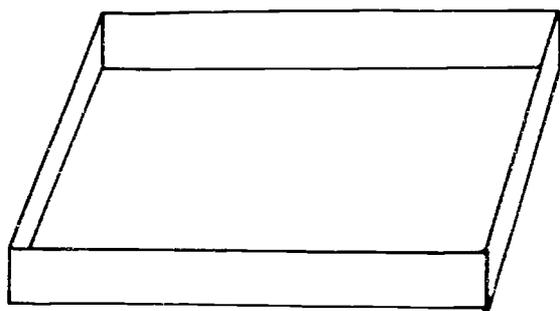
MOLDES



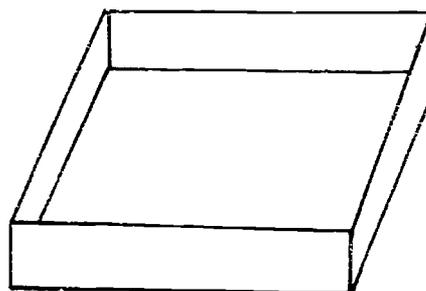
MOLDE REDONDO



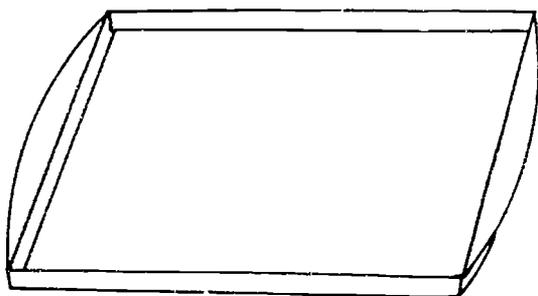
MOLDE RECTANGULAR EN CRISTAL



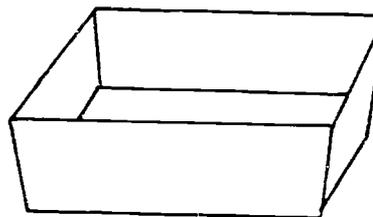
MOLDE RECTANGULAR



MOLDE CUADRADO



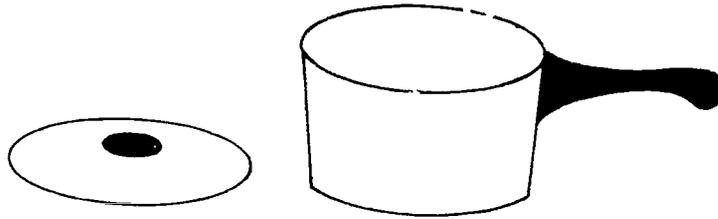
MOLDE PARA GALLETAS



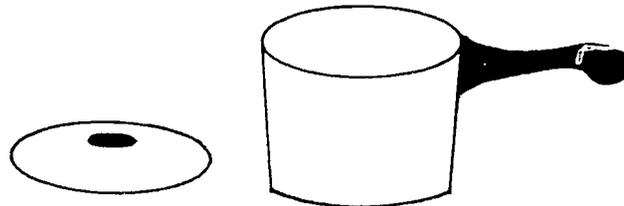
MOLDE PARA PAN

UTENSILIOS DE COCINA (CONT.)

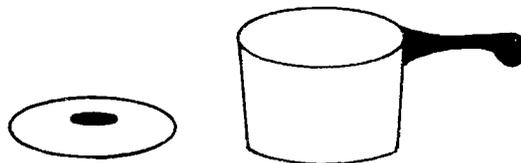
OLLAS:



OLLA GRANDE



OLLA MEDIANA



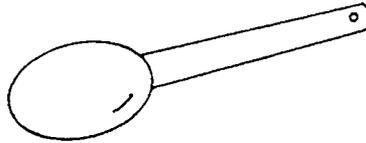
OLLA PEQUEÑA



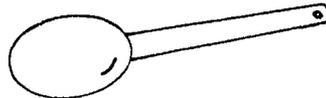
SARTÉN DE FREIR DE 10" PULGADAS

UTENSILIOS DE COCINA (CONT.)

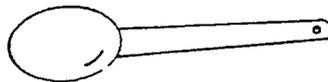
CUCHARADAS PARA MEDIR



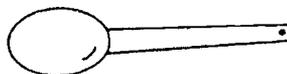
UNA CUCHARADA (1 cda.)



UNA CUCHARADITA (1 cdt.)



MEDIA CUCHARADITA ($\frac{1}{2}$ cdt.)

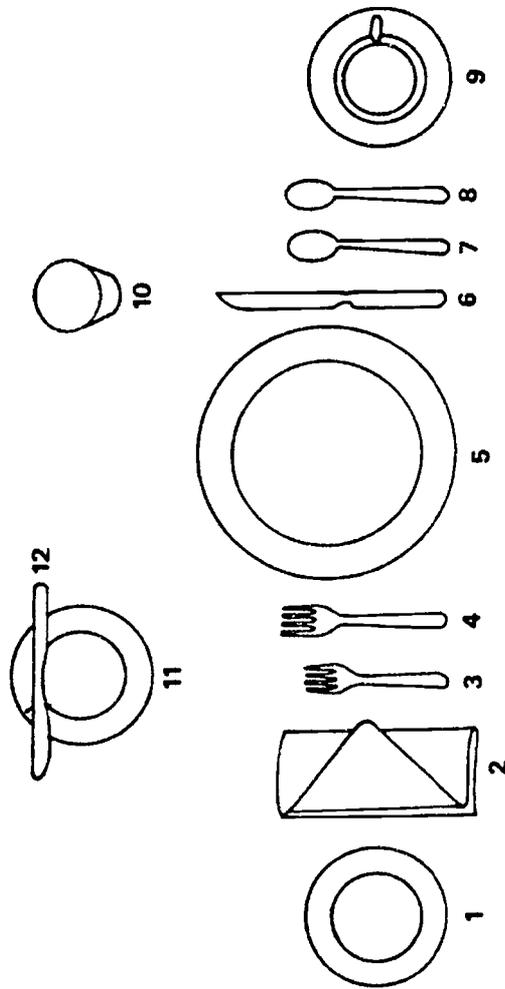


UN CUARTO DE CUCHARADITA ($\frac{1}{4}$ cdt.)

EL SERVICIO DE LA MESA

RECUERDA: LOS UTENSILIOS SE COLOCAN COMO SE INDICA A CONTINUACIÓN.

SERVICIO DE LA MESA



1. PLATO PARA ENSALADA
2. SERVILLETA
3. TENEDOR PARA ENSALADA
4. TENEDOR
5. PLATO
6. CUCHILLO

7. CUCHARA DE POSTRE
8. CUCHARILLA
9. TAZA Y PLATILLO
10. VASO
11. PLATO PARA PAN Y MANTEQUILLA
12. CUCHILLO PARA MANTEQUILLA

TABLA DE EQUIVALENCIAS
Líquidos

60 gotas	1 cucharadita
3 cucharaditas	1 cucharada
1 cucharada	1/2 onza
2 cucharadas	1 onza
4 cucharadas	2 onzas
4 cucharadas	1/4 taza
16 cucharadas	1 taza
1/4 taza	2 onzas
1 taza	8 onzas
2 tazas	1 pinta
4 tazas	1 cuartillo
1 pinta	16 onzas
2 pintas	1 cuartillo
1 cuartillo	32 onzas
1 cuartillo	0.95 litro
1 litro	1.06 cuartillo

Sólidos

1 pizca o polvito	menos de 1/8 cucharadita
3 cucharaditas	1 cucharada
4 cucharadas	1/4 taza
1 cucharada	1/2 onza
2 cucharadas	1 onza
4 cucharadas	2 onzas
1 taza	8 onzas
1 libra	16 onzas
1 cuadro de chocolate	1 onza
1 libra de mantequilla	2 tazas
1 libra de azúcar granulada	2 1/4 tazas
1 libra de azúcar pulverizada	3 1/2 tazas
1 libra de harina de trigo	4 tazas
2 libras con 3 1/4 onzas	1 kilo

Nota: - Para medir media cucharada dividida una cucharada en dos partes iguales, a lo largo.

- Para medir sólidos, se llena hasta el borde y rápidamente pasa por encima de la medida el filo de un cuchillo para que la medida quede plana o rasa.

- Para medir líquidos lleno en su totalidad la medida.

EQUIVALENCIAS METRICAS
Líquidos

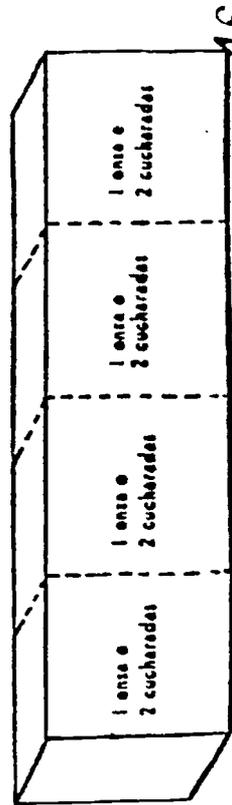
1 cucharadita	4.9	5.1
2 cucharaditas	9.8	10.2
3 cucharaditas	14.8	15.3
1 cucharada	14.8	15.3
2 cucharadas	29.6	30.5
3 cucharadas	44.4	45.8
4 cucharadas	59.2	61.0
1/4 taza	59.2	61.0
1/2 taza	118.3	122.0
3/4 taza	177.5	183.0
1 taza	236.6	244.0
2 tazas	473.2	488.0
1 pinta	473.2	488.0
2 pintas	946.4	976.0
1 cuartillo	946.4	976.0

Sólidos

1 onza	28.4	28.4
2 onzas	56.8	56.8
3 onzas	85.1	85.1
4 onzas	113.5	113.5
1/4 libra	113.5	113.5
1/2 libra	227.0	227.0
3/4 libra	340.5	340.5
1 libra	454.0	454.0
1 kilo	1000.0	1000.0

Rendimiento de 1/4 Libra de Mantequilla

Nota: 1/4 libra de mantequilla es igual a 4 onzas,
o sea, 8 cucharadas.



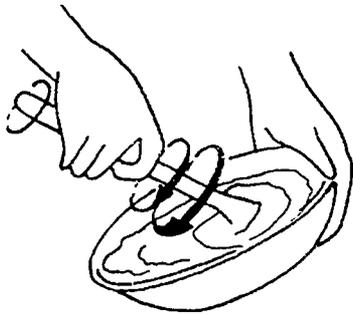
METODOS DE MEZCLAR INGREDIENTES



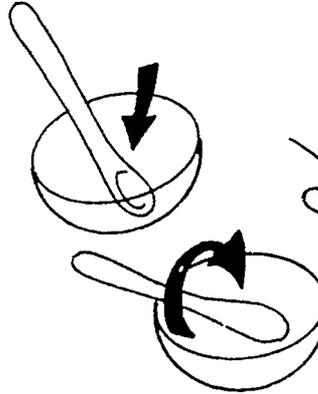
Mover o Revolver



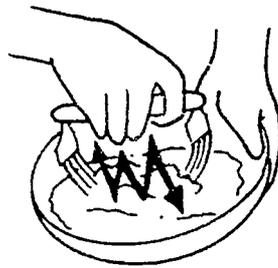
Cremar



Batir



Envolver



Cortar Grasa con Harina

COMO MEDIR PARA SER UN BUEN COCINERO

¿Qué debes hacer?

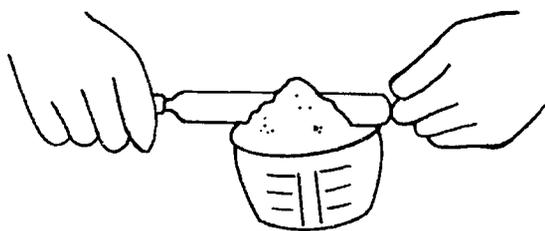
- Utiliza los utensilios adecuados al medir los ingredientes
- Mide cuidadosamente los ingredientes tal como se indica a continuación.

AL MEDIR EN TAZA



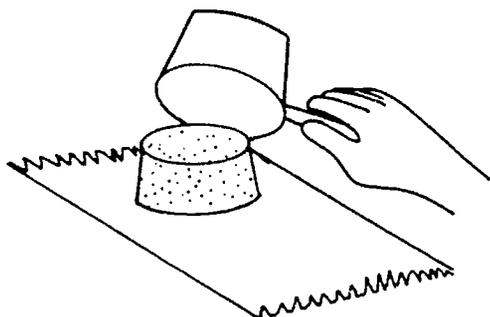
*** Ingredientes líquidos (leche, agua, aceite y otros).

- Utiliza una taza de medir transparente.
- Coloca la taza de medir sobre una superficie plana.
- Inclínate hasta que la taza quede a tu mismo nivel.
- Vierte el líquido en la taza hasta la línea que indica la medida deseada.



*** Ingredientes secos y sólidos (harina, azúcar, sal y otros).

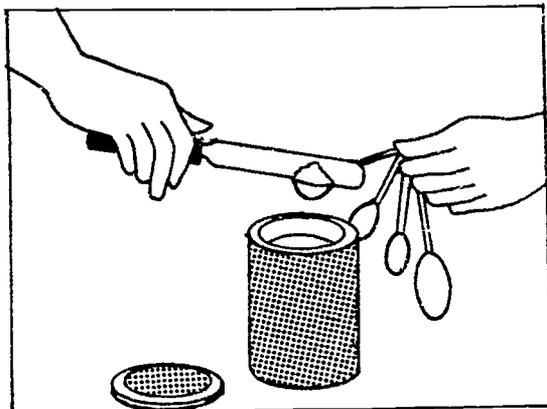
- Utiliza una taza de metal o plástica.
- Vierte el ingrediente hasta la línea que indica la medida deseada.
- En caso que necesites llenar la taza, nivela con una espátula o con el filo de un cuchillo.



*** Ingredientes cremosos, suaves o húmedos (azúcar mascada, margarina, mantequilla y otros).

- Vierte y acomoda el ingrediente en la taza.
- Nivela en caso de llenar la taza.

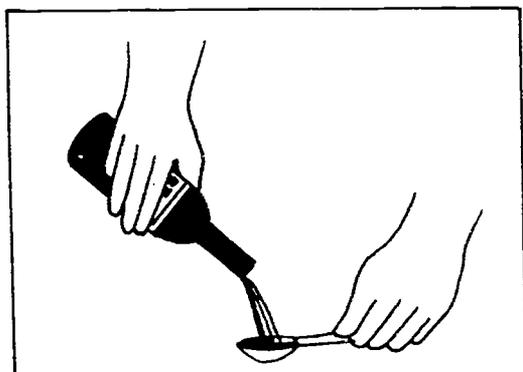
AL MEDIR EN CUCHARAS



***Al medir cantidades pequeñas de ingredientes secos, cremosos, suaves o húmedos.

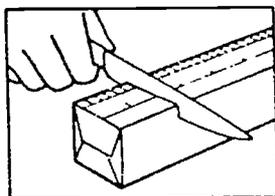
Introduzca la cuchara de la medida deseada en el envase o vierte la cantidad deseada.

Nivela con una espátula o filo de un cuchillo.



***Al medir cantidades de ingredientes líquidos:

Vierte el líquido en la cuchara de la cantidad deseada hasta el borde de ésta.



AL MEDIR UNA BARRA DE MARGARINA colócala sobre el picador y corta la cantidad necesaria con un cuchillo pequeño afilado. Las cantidades están marcadas en la etiqueta.

MENUS

MENU

MENU	MENU
_____	_____
_____	_____
_____	_____
_____	_____

EL MENÚ

**EL MENÚ ES UNA LISTA DE PLATOS
DE DONDE LA PERSONA HACE SU SELECCIÓN.**

**UN MENÚ PUEDE PLANIFICARSE PARA UN DESAYUNO,
ALMUERZO O COMIDA.**

**UN MENÚ DEBE CONTENER LOS ALIMENTOS QUE SE
INDICAN A CONTINUACIÓN.**

PLATOS QUE SE INCLUYEN EN UN MENÚ:

1. PLATO PRINCIPAL

CEREALES

VEGETALES

PASTAS ALIMENTICIAS

2. ACOMPAÑANTE

CARNES

MARISCOS

GRANOS

3. ENSALADA

DE VEGETALES Y HORTALIZAS

DE CODITOS

DE PAPAS

ENSALDA MIXTA

DE MARISCOS

OTRAS

4. POSTRE

POSTRES DE FRUTAS

POSTRES DE LECHE

GELATINA

DULCES DE REPOSTERÍA (FLANES,
BUDINES, ETC.)

5. BEBIDA

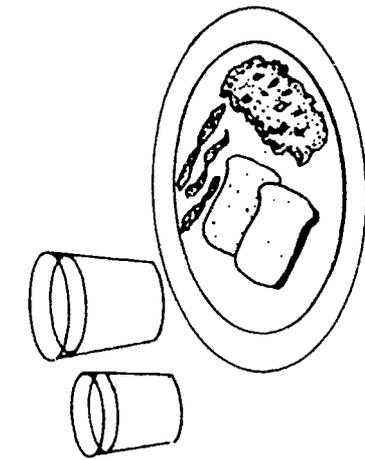
LECHE

TÉ

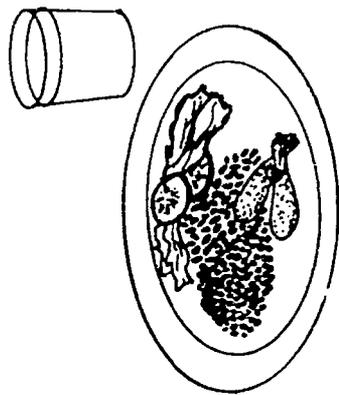
CAFÉ

JUGOS DE FRUTAS O NÉCTARES

EJEMPLOS DE MENÚS



DE.SAYUNO

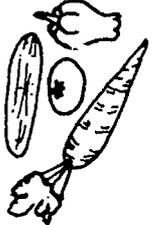
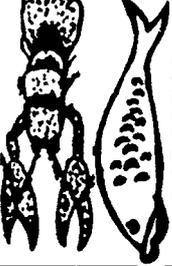
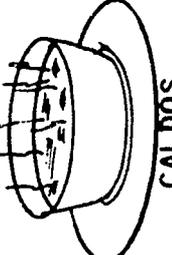
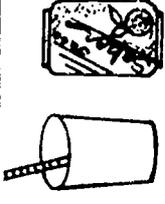


ALMUERZO



COMIDAS

A P E R I T I V O S

 <p>VEGETALES</p>	 <p>FRUTAS</p>	 <p>MARISCOS</p>
<p>A P E R I T I V O S</p>		
 <p>CALDOS</p>	 <p>CANAPÉS PAN CON MANTEQUILLA</p>	 <p>CARNES</p>
		 <p>JUGOS</p>

EL APERITIVO ES UN PLATO APETITOSO QUE SE SIRVE ANTES DE LA COMIDA PARA ESTIMULAR EL APETITO.

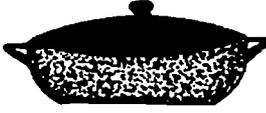
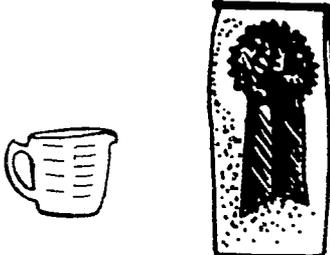
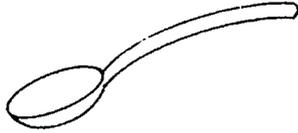
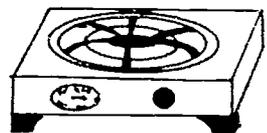
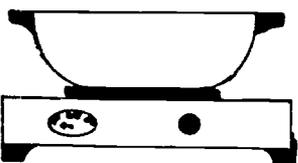
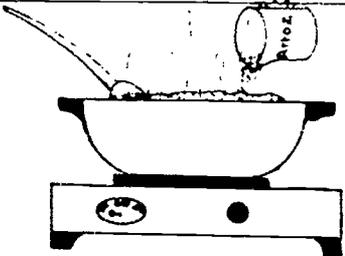
LOS ALIMENTOS QUE SE USAN PARA LA PREPARACIÓN DE APERITIVOS SON:

- FRUTAS
- MARISCOS
- VEGETALES
- CARNES
- PAN CON MANTEQUILLA
- CANAPÉS
- JUGOS
- CALDOS CLAROS

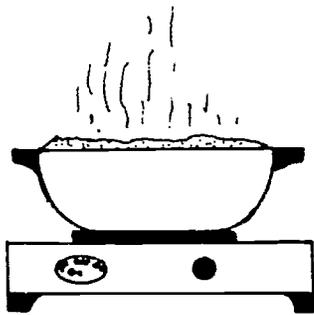
RECETAS

ARROZ BLANCO

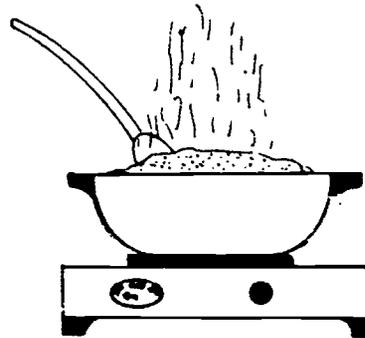
Necesitas:

 <p>1 caldero</p>	 <p>1 taza de arroz</p>	 <p>1 cucharada de aceite</p>
 <p>1-1/2 taza de agua</p>	 <p>1 cucharadita de sal</p>	 <p>1 cucharón</p>
 <p>Sigue estos pasos:</p> <p>En un caldero pequeño echa el agua, la sal y el aceite.</p>  <p>Enciende la hornilla a fuego alto.</p>		
 <p>Coloca el caldero sobre la hornilla.</p>	 <p>Cuando hierva, añade el arroz y mueve.</p>	

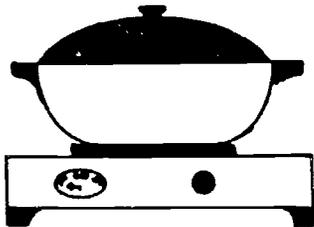
(Arroz Blanco cont.)



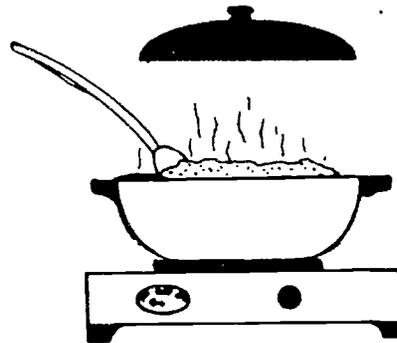
Cocina hasta que seque.



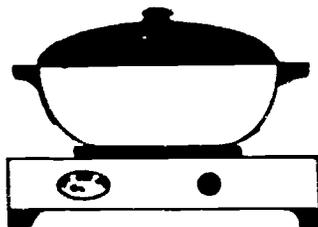
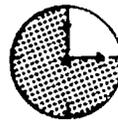
Mueve al arroz y baja el fuego a lento



Tapa y cocina por 15 minutos.



Destapa y mueve.



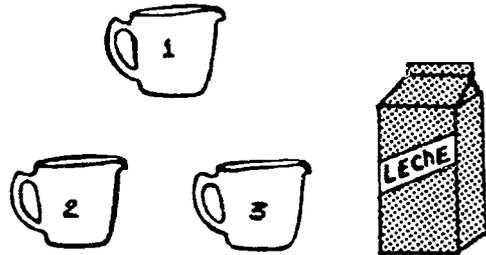
Cocina por 15 minutos. Sirve caliente.

AVENA

Necesitas:



1 taza de avena



3 tazas de leche



1/2 cucharadita de sal



1 cacerola



1 cucharón



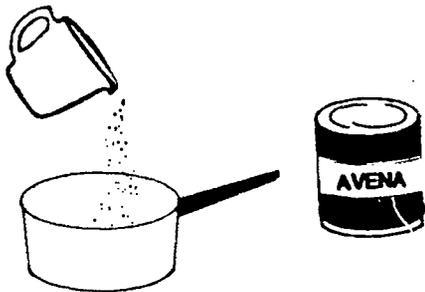
azúcar



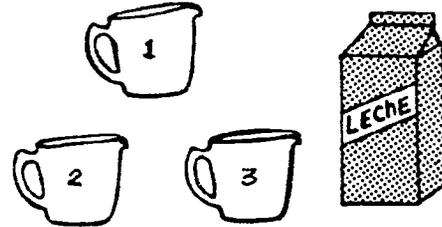
canela

(Avena continuación)

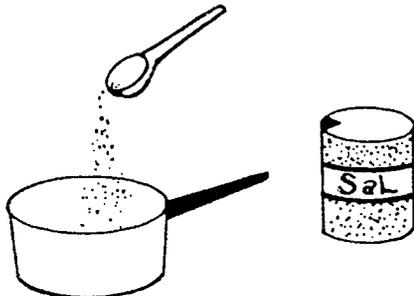
Sigue estos pasos:



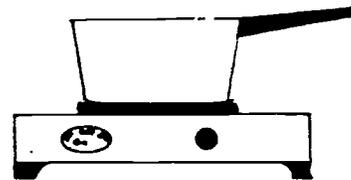
Echa una taza de avena en la cacerola.



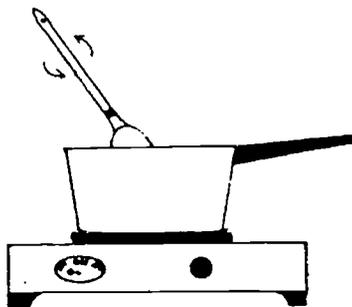
Añade tres tazas de leche.



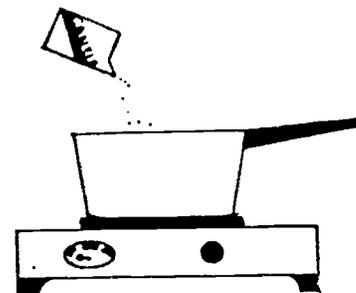
Añade media cucharadita de sal.



Coloca la cacerola sobre la hornilla a fuego moderado.



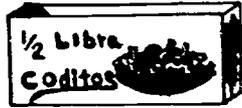
Mueve con el chucharón lentamente hasta que ablande.



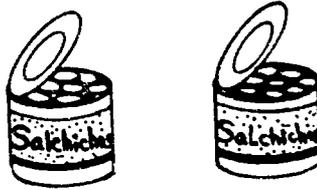
Polvoréele canela y azúcar y sirve caliente.

Coditos con Salchichas

Necesitas:



1/2 libra coditos



2 latas salchichas



olla



1/2 taza salsa de tomate



1 cucharadita de sal



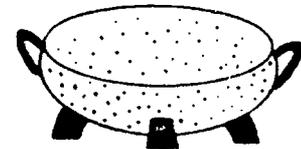
1 cuchillo



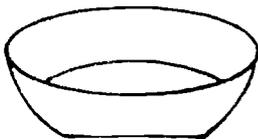
1 cebolla



4 tazas de agua



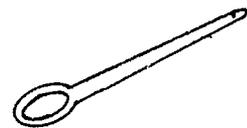
escurridor



escudilla



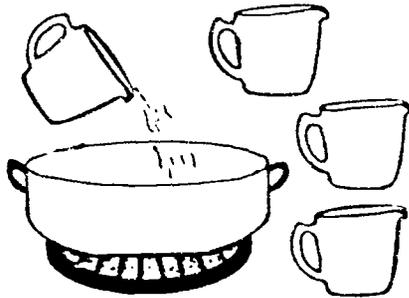
1 cucharada de aceite



cucharón

(Coditos con Salchichas continuación)

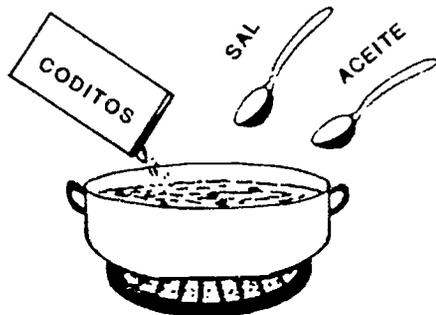
Sigue estos pasos:



Echa 4 tazas de agua en la olla.



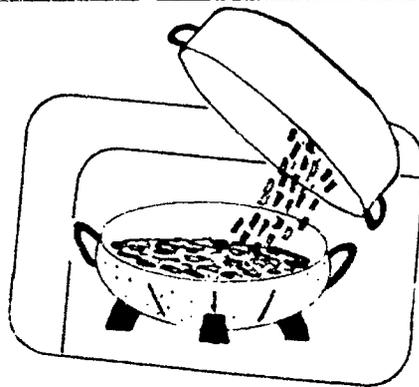
Coloca la olla sobre hornilla a fuego alto y deja hervir.



Añade la sal, el aceite y los coditos.

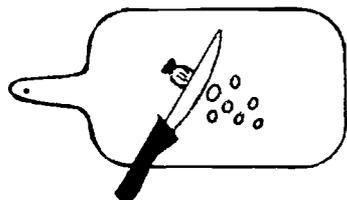


Cocina de 10 a 12 minutos moviéndolo una o dos veces con el cucharón.

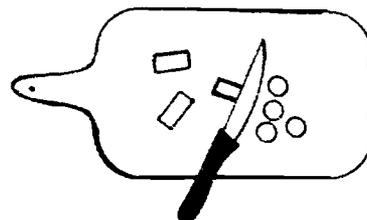


Escurre los coditos dentro del fregadero.

(Coditos con Salchichas continuación)



Pica la cebolla en pedacitos.



Pica las salchichas en rueditas.



Echa una cucharada de aceite, la cebolla y salchichas picadas. Añade los coditos.



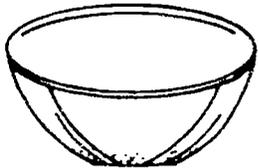
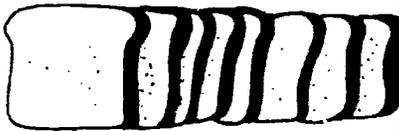
Salsa de tomate y una cucharadita de sal.



Cocina por 10 minutos.

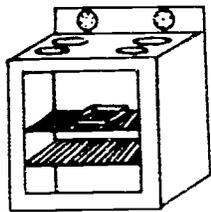
TOSTADAS FRANCESAS

Necesitas:

 <p>manteca</p>	 <p>taza</p>	 <p>cucharadita</p>
 <p>huevos</p>	 <p>leche</p>	 <p>envase</p>
 <p>sal</p>	 <p>cuchara</p>	 <p>syrup (almíbar)</p>
 <p>aceite</p>	 <p>pan</p>	 <p>azúcar</p>

(Tostadas Francesas continuación)

Sigue estos pasos:



Enciende el horno a 350°



engrasa un molde para galletas

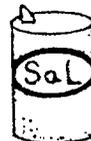
Mezcla en un envase



3/4. taza de leche



2 cucharadas de azúcar



1/4 cucharadita de sal

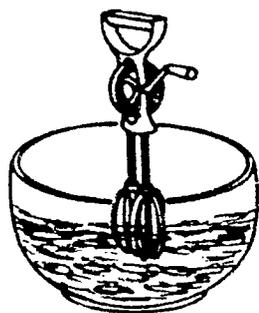


2 huevos

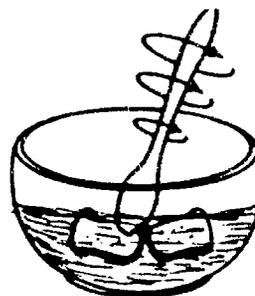


1/4 de aceite

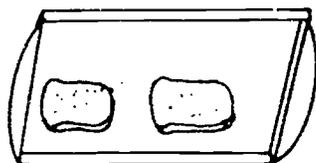
(Tostadas Francesas continuación)



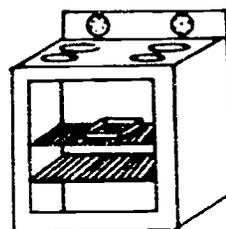
Bate



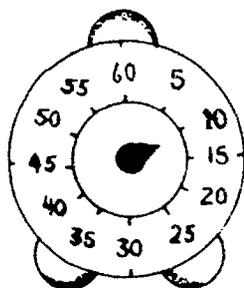
Coloca el pan en la mezcla



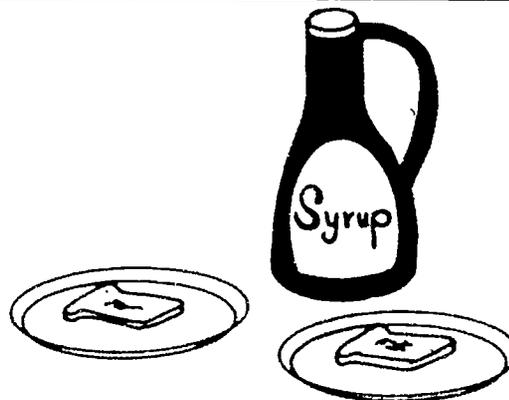
Coloca en el molde engrasado



Hornea por 10 minutos



10 minutos



Sirve con almíbar

Pan de Maíz

Necesitas:



Harina de maíz



Harina de trigo



azúcar



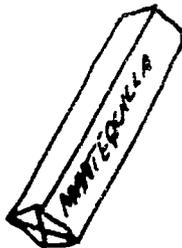
sal



polvo de hornear



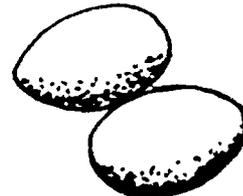
leche



mantequilla



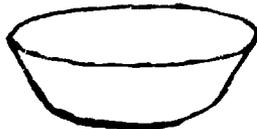
vainilla



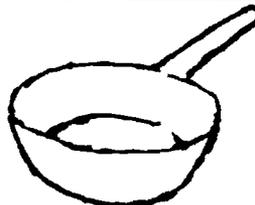
huevos



envase



molde



cacerola



taza

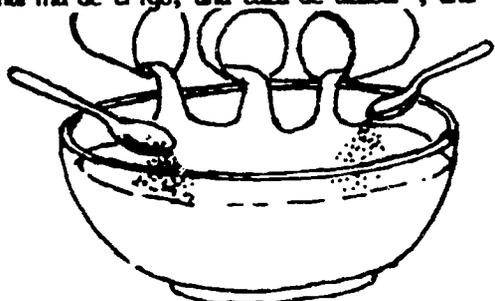


cuchara

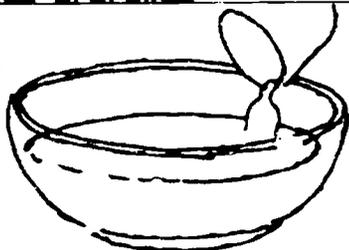
(Pan de Maíz continuación)

Sigue estos pasos

Echa una taza de harina de maíz, una taza de harina de trigo, una taza de azúcar, una



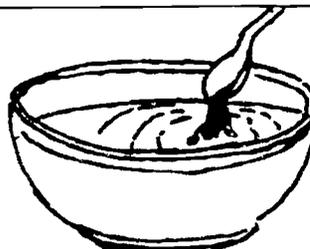
cucharadita de sal y dos cucharaditas de polvo de hornear en un envase



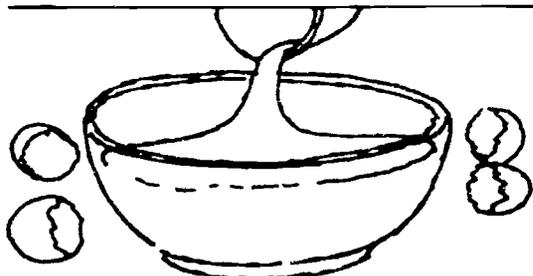
Añade la mantequilla previamente derretida



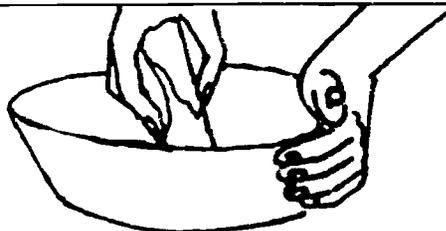
Añade poco a poco una (1) taza de leche



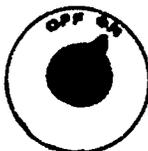
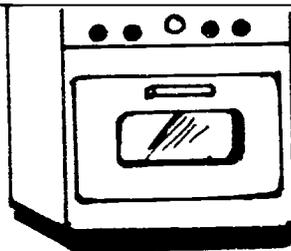
Añade una cucharadita de vainilla



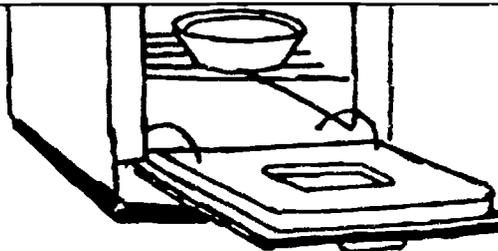
Añade dos huevos batidos



Engrasa un molde mediano o moldes individuales de 2 3/4" de diámetro y vierte la mezcla



Enciende el horno unos minutos antes de usarlo, a una temperatura moderada

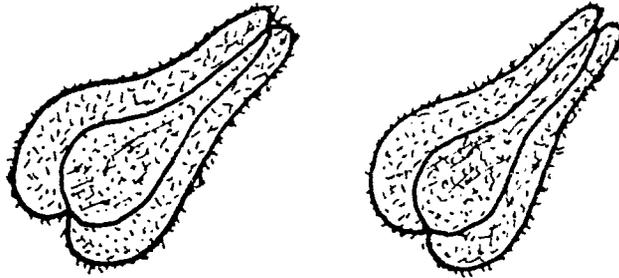


Coloque en el horno de 20 a 25 minutos

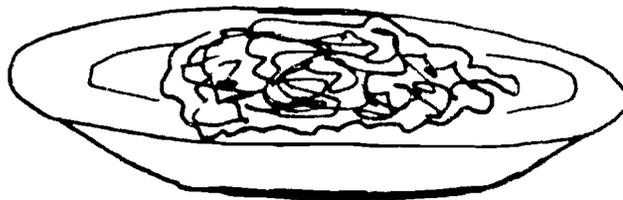
POLLO Y CERDO

Chayotes Rellenos

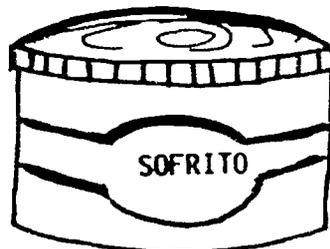
Necesitas:



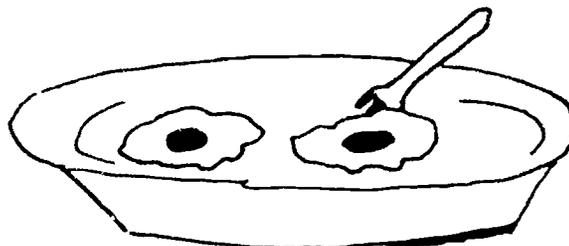
2 chayotes



3/4 libra carne de cerdo



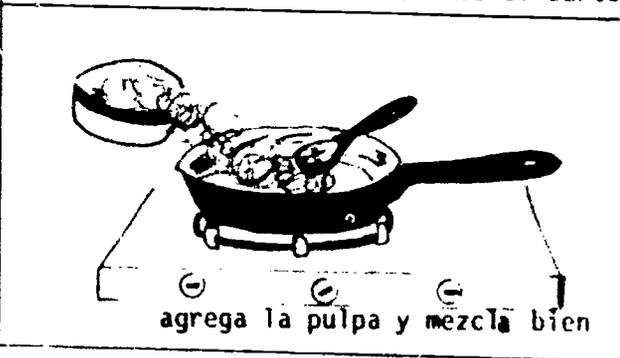
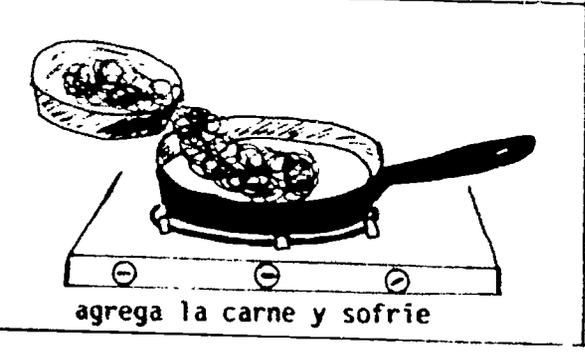
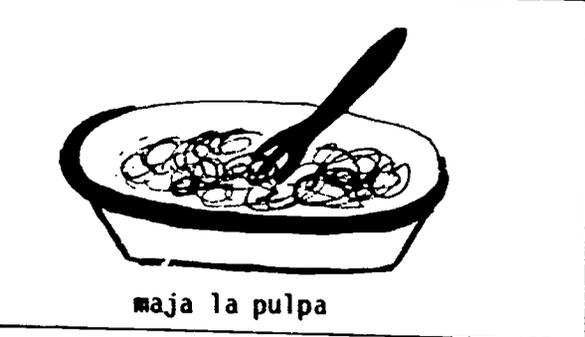
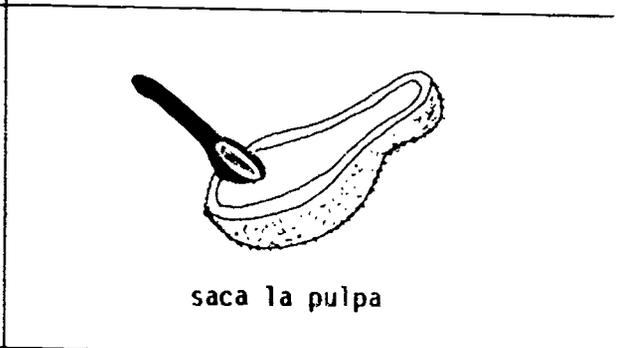
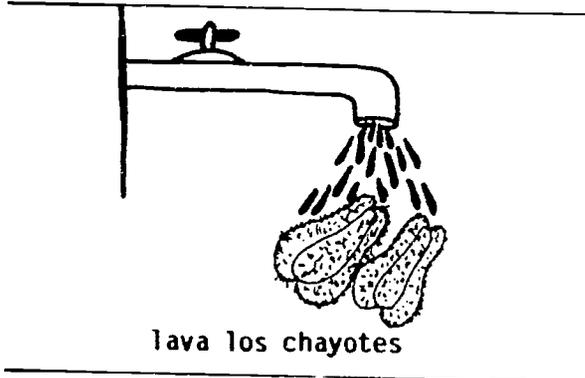
2 cucharaditas de sofrito



2 huevos batidos

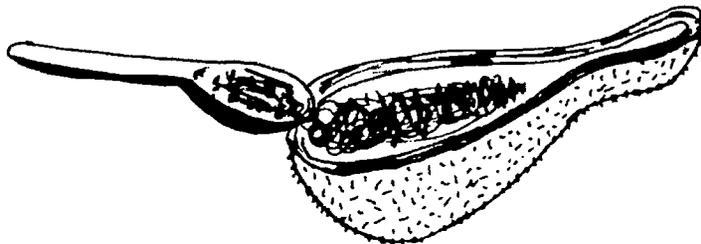
(Cont. Chayotes Rellenos)

Sigue estos pasos



(Cont. **Chayotes Rellenos**)

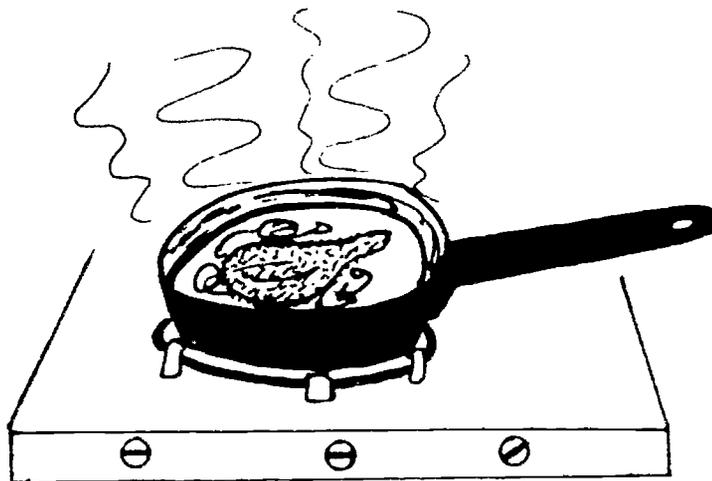
Sigue estos pasos



Rellena el chayote con la mezcla



Cúbrelo con el huevo batido

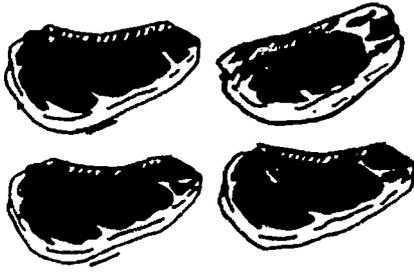


Fríe con la parte cubierta con huevo hacia abajo

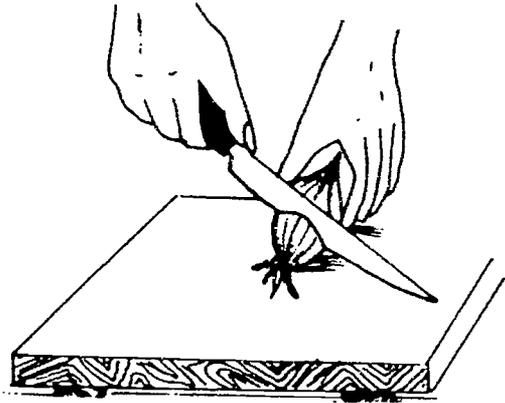
CHULETAS A LA MIXTA

4 raciones

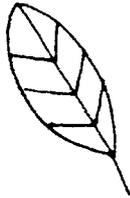
Necesitas:



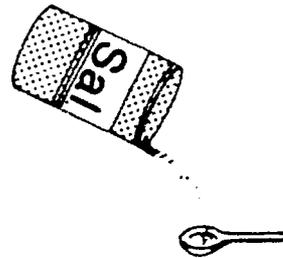
4 chuletas fritas



1 cebolla picada



1 hoja de laurel



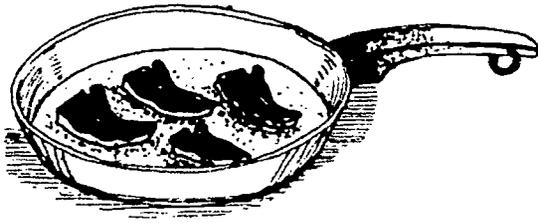
1/2 cucharadita de sal



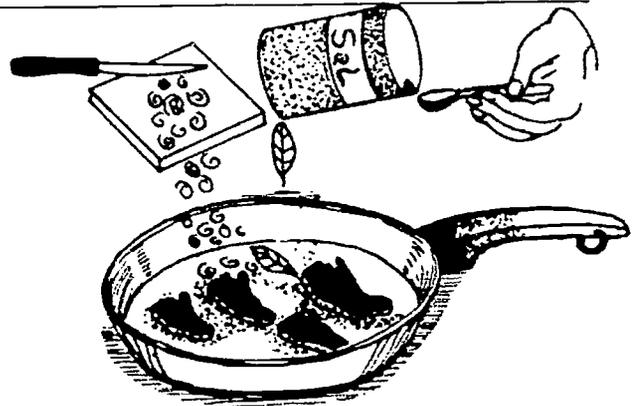
1 lata de 8 onzas de vegetales mixtos

(Chuletas a la mixta continuación)

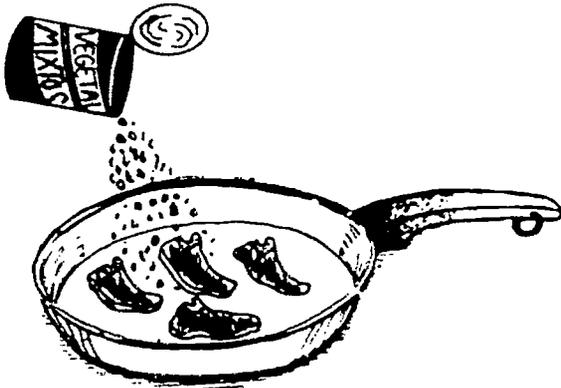
Sigue estos pasos:



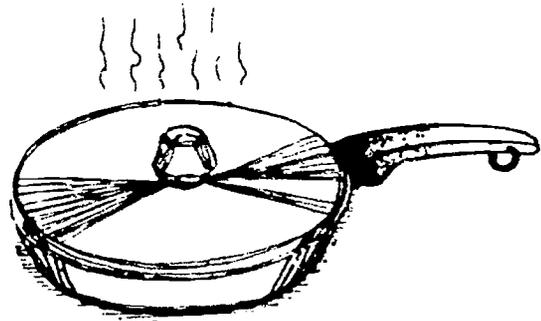
Coloca las chuletas fritas
en un sartén



Añade la cebolla, la hoja de laurel
y la sal



Añade los vegetales mixtos y mezcla

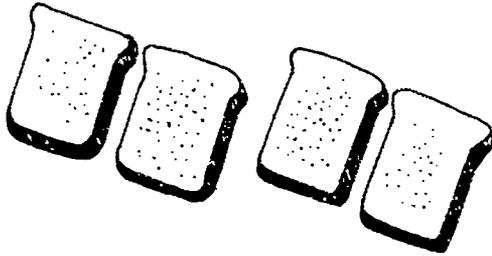


Tápalo y coloca a fuego bajo por
20 minutos.

EMPAREDADO DE JAMÓN PICADO

(2 raciones)

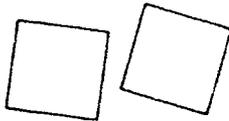
Necesitas:



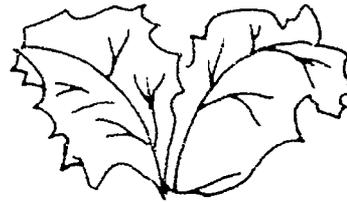
4 rebanadas de pan



1 latita de jamón picado



2 rebanadas de queso



2 hojas de lechuga



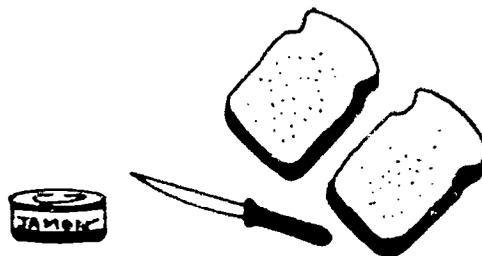
2 rebanadas de tomate



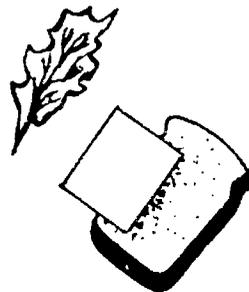
mayonesa a gusto

(Emparedado de Jamón Picado continuación)

Sigue estos pasos:



Esparce jamón al pan



Coloca el queso y lechuga al pan



Coloca mayonesa a la lechuga, pon el tomate y cúbrelo con la otra rebanada de pan

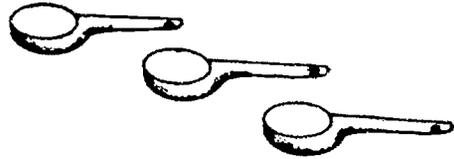
HOT DOGS GUISADOS

Necesitas:

2 raciones



4 "hot dogs"



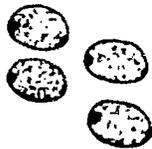
3 cucharadas salsa de tomate



1 cucharada de sofrito



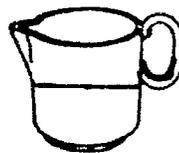
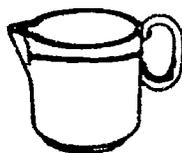
1 cucharada de aceite



4 aceitunas



1 latita de maíz tierno



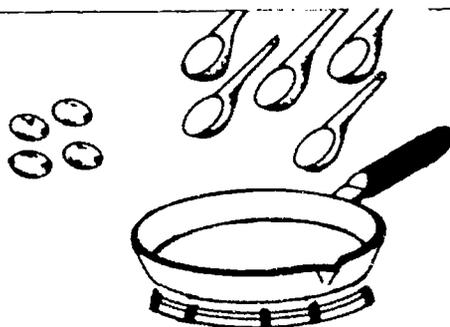
1-1/2 taza de agua

(Hot Dogs Guisados continuación)

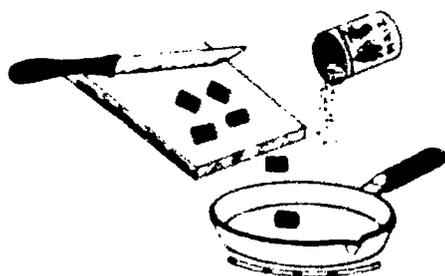
Sigue estos pasos



Pica los "Hot Dogs"



Echa el sofrito, salsa, aceite, aceitunas y sofríe...



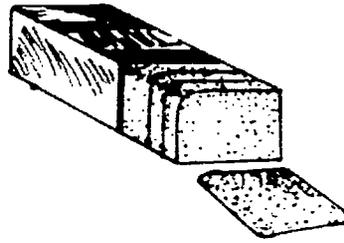
Echa los "Hot Dogs" y sofría por 3 minutos a fuego lento.
Añade el maíz y el agua



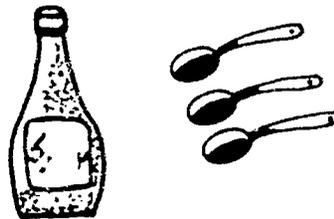
Tapa y cocina por 5 minutos.

JAMON EN SALSA DE PIÑA

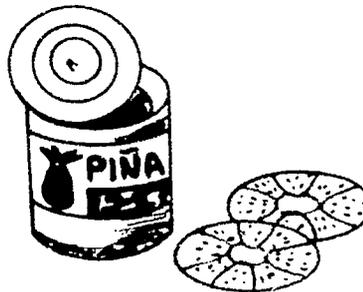
Necesitas:



1/2 libra de jamón en tajadas



3 chucharadas de syrup (almíbar)
sin color



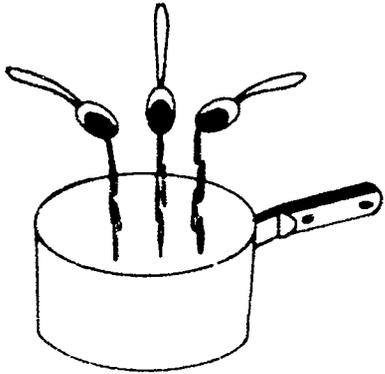
1 latita de piña en ruedas



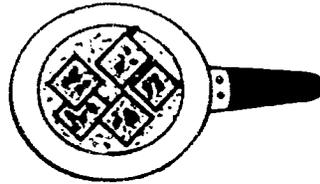
1 sobre de clavitos de especie

(Jamón en salsa de piña)

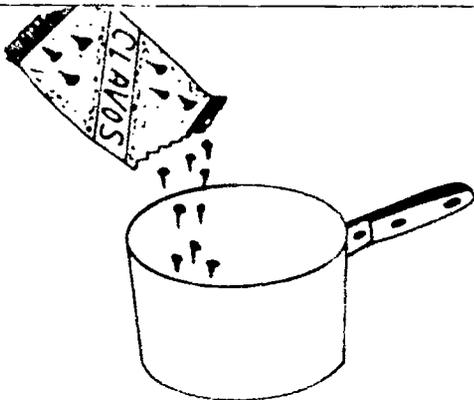
Sigue estos pasos



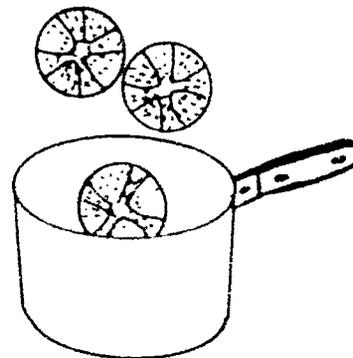
Echa 3 cucharadas de syrup (almíbar)



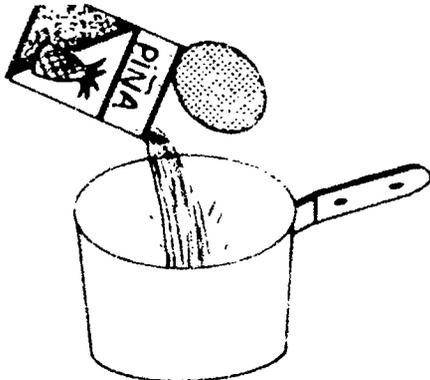
Cubre el fondo de la olla con jamón



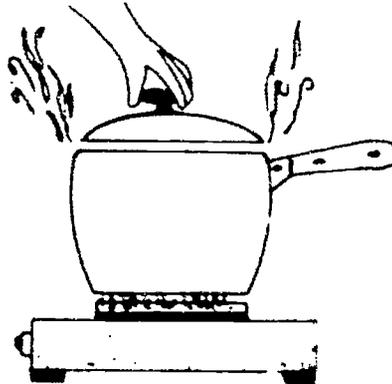
Añade los clavitos



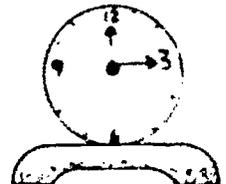
Añade la piña



Echa el jugo de la piña

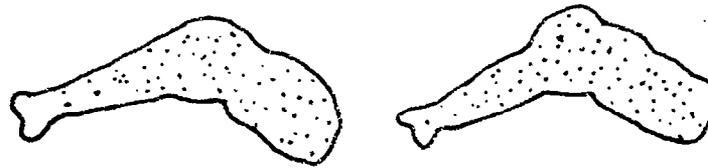


Tapa a fuego lento por 15 minutos.

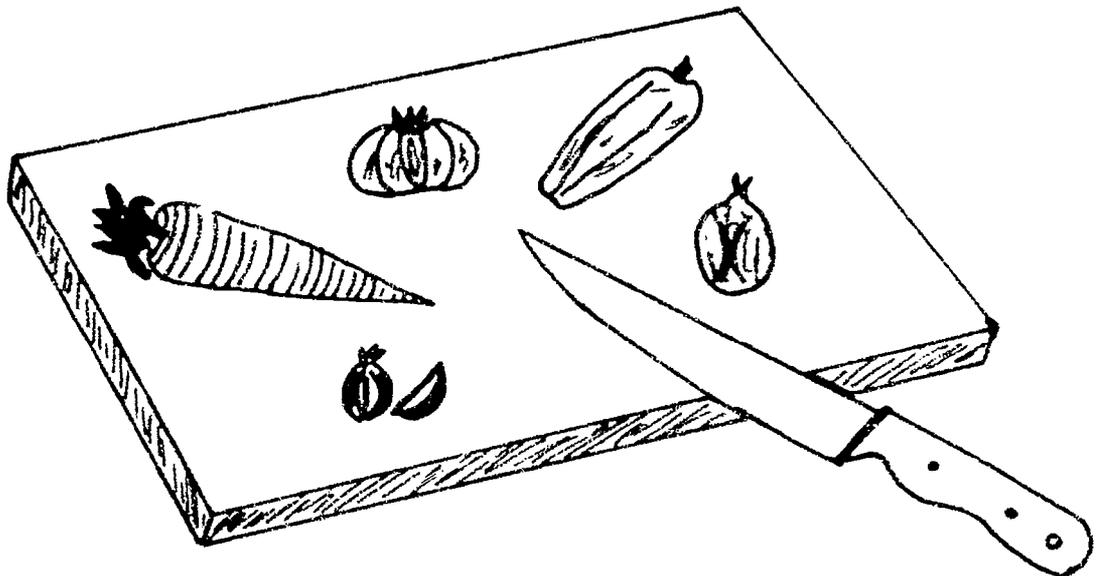


POLLO A LA JARDINERA

Necesitas



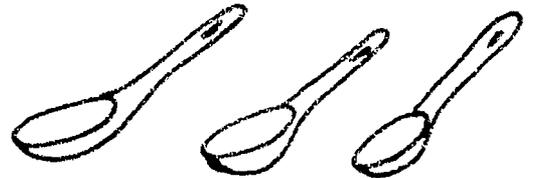
2 muslos con cadera adobados



cebolla, pimientos, ajo, tomate, zanahoria



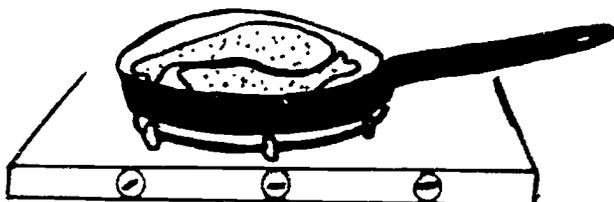
1 cucharada de vinagre



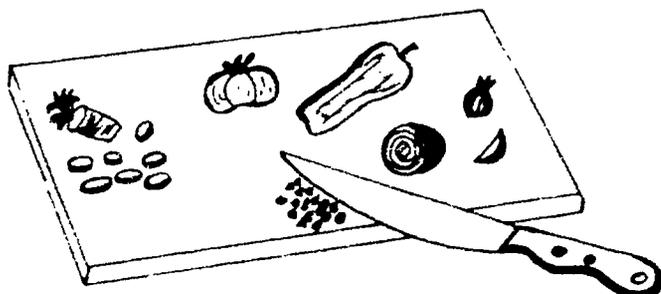
3 cucharadas de salsa

POLLO A LA JARDINERA (CONT.)

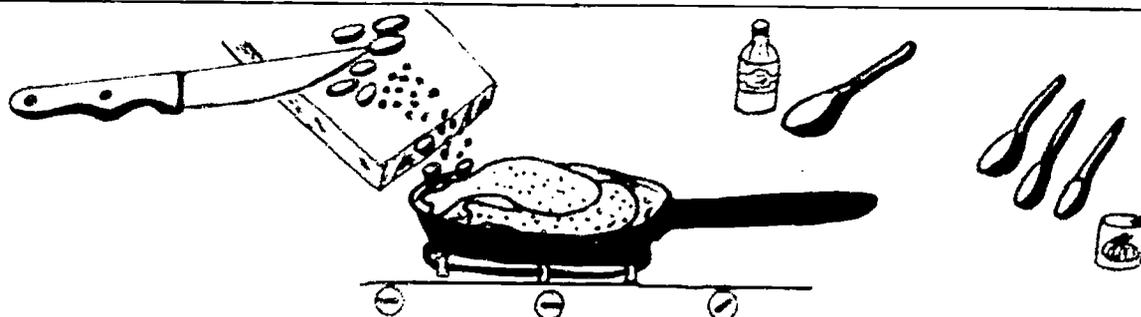
Sigue estos pasos



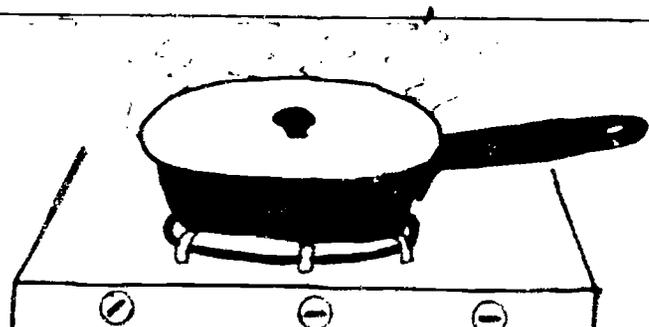
Coloca los muslos en el sartén, sofríe hasta que dore un poco



Pica la cebolla, pimientos, ajo, tomate y zanahoria



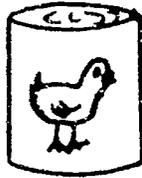
Añade todo a la carne



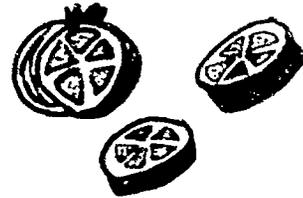
Tapa, mueve ocasionalmente hasta que esté cocido

EMPAREDADO DE POLLO

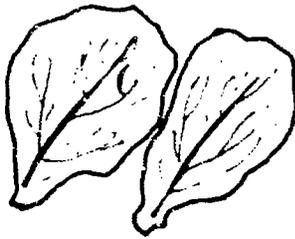
Necesitas



1 lata de pollo desmenuzado



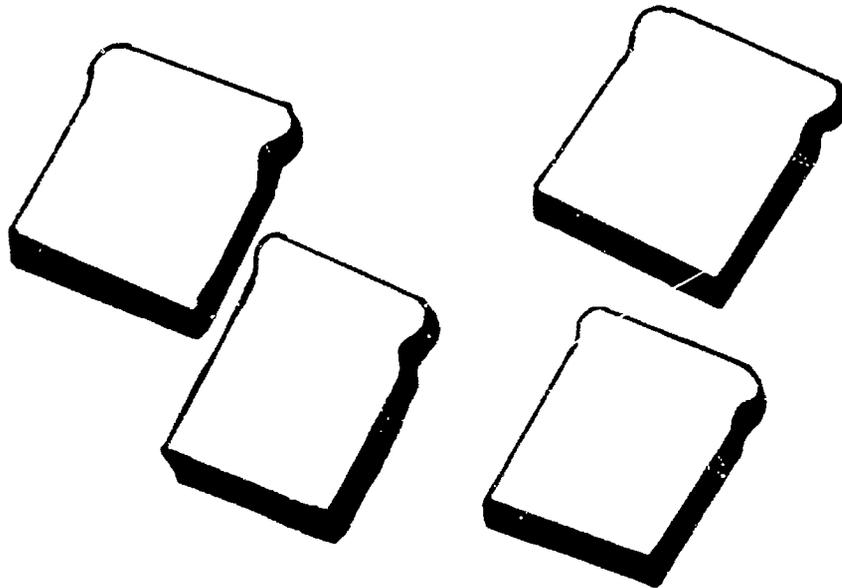
1 tomate



2 hojas de lechuga



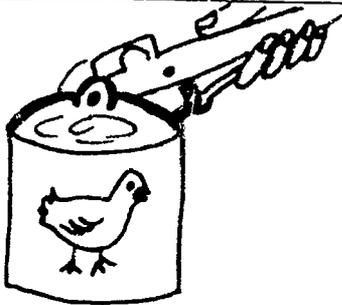
2 ruedas de cebolla



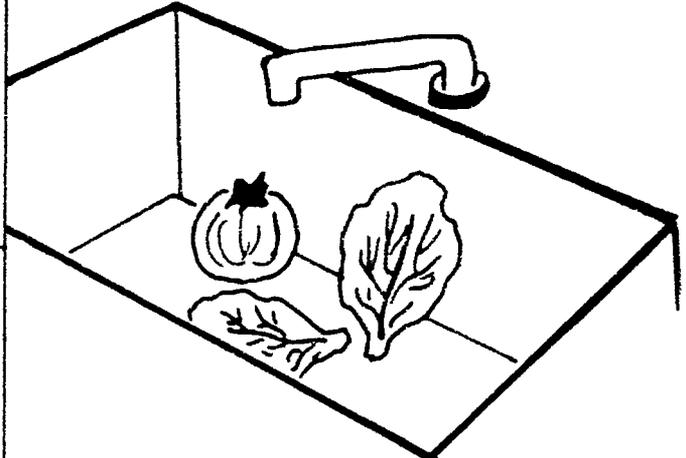
4 tajadas de pan

EMPAREDADO DE POLLO (CONT.)

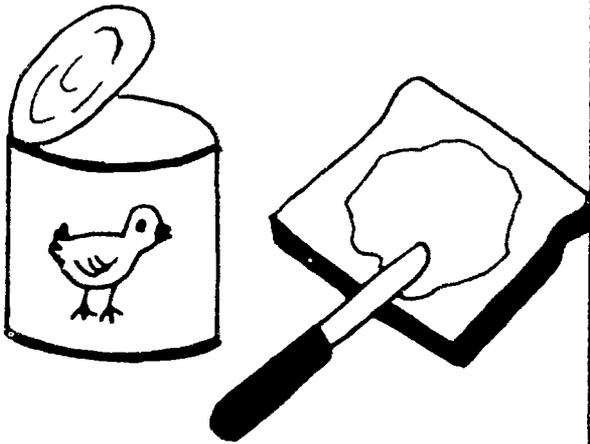
Sigue estos pasos



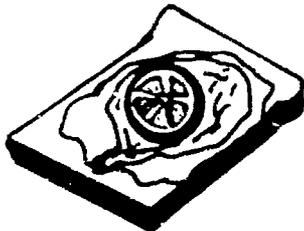
Abre la lata



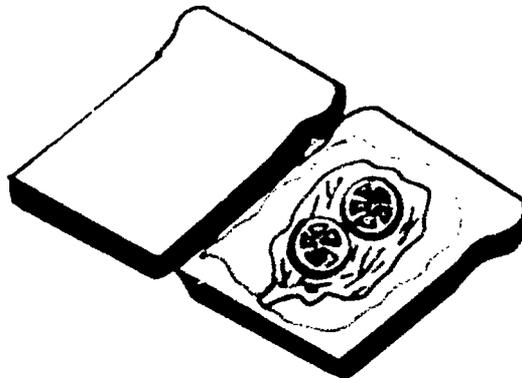
Lava el tomate y la lechuga



Coloca una cucharada de pollo sobre el pan



Coloca una hoja de lechuga y una rueda de tomate

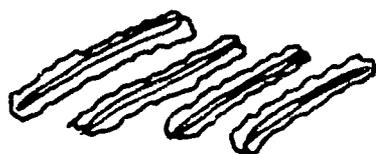


Tápalo con otra tajada de pan

CARNES Y PESCADO

EMPAREDADO DE TOCINETA ENTOMATADA

Necesitas:



4 lonjas de tocineta



2 rebanadas de queso



4 rebanadas de tomate



2 hojas de lechuga

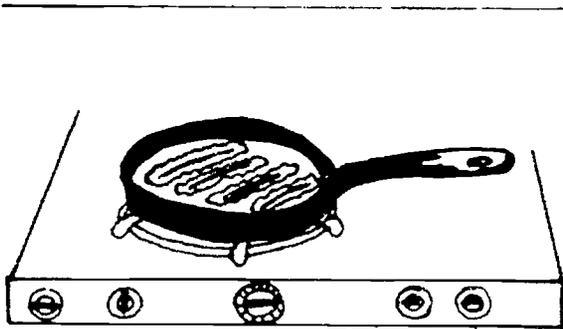


4 rebanadas de pan

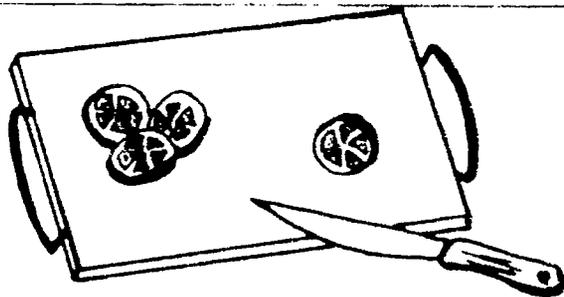


mayonesa a gusto

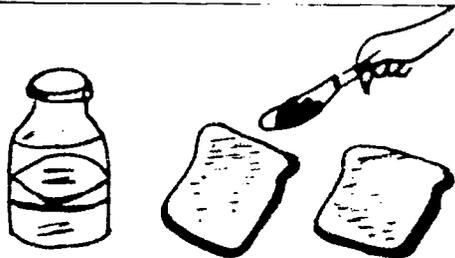
Sigue estos pasos



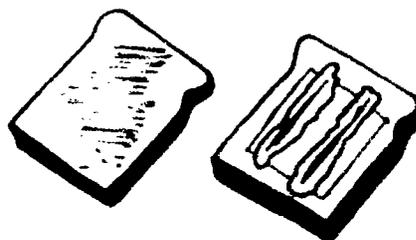
Frie la tocineta a fuego moderado (Medium)



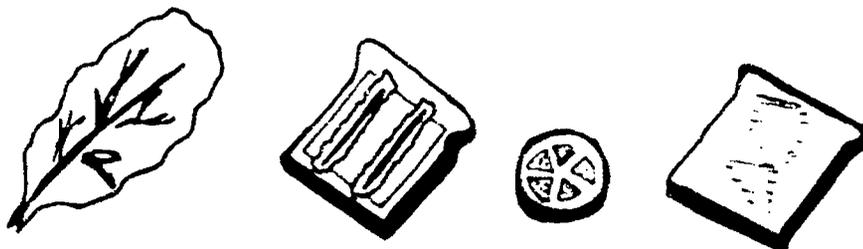
Rebane el tomate



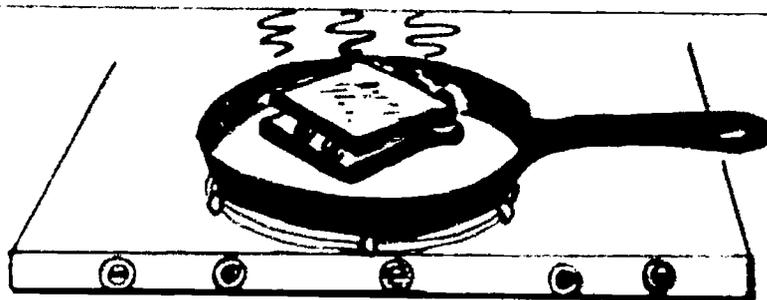
Esparce mayonesa al pan



Coloca el queso y tocineta al pan



Añade lechuga y tomate al pan y cúbrelo con otra rebanada de pan



Calienta en la sartén a fuego lento por ambos lados

BISTEC ENCEBOLLADO

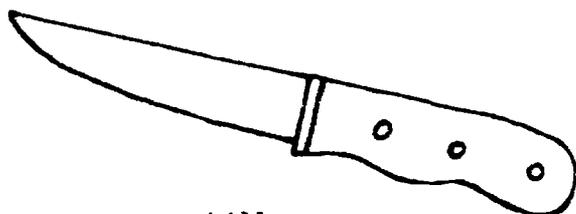
Necesitas



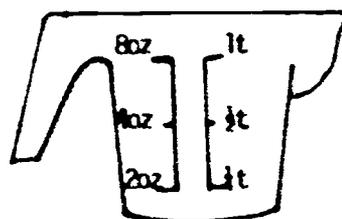
sartén



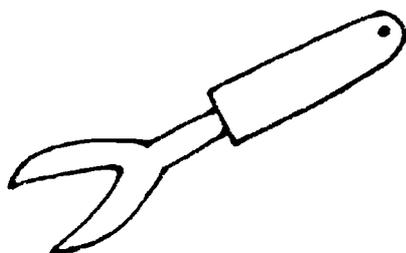
cucharitas de medir



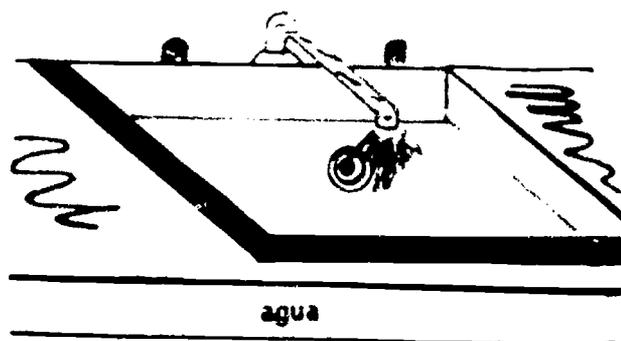
cuchillo



taza de medir



tenedor para freir



agua

BISTEC ENCEBOLLADO (CONT.)

Sigue estos pasos



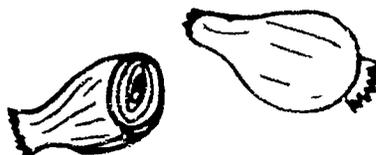
aceite para freir



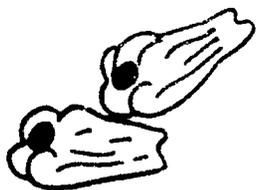
2 cucharadas de adobo



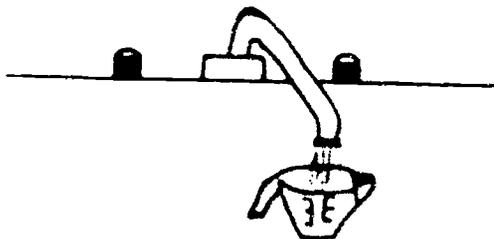
1 cucharada de vinagre



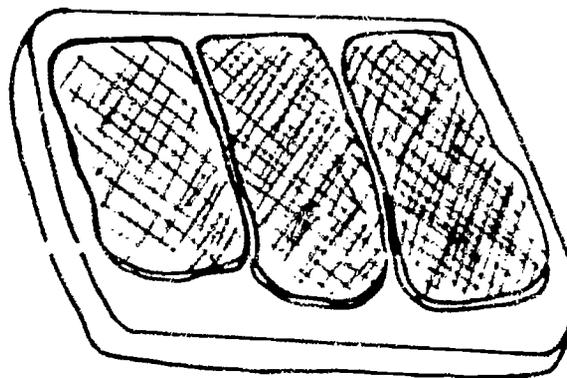
2 cebollas



2 pimientos verdes



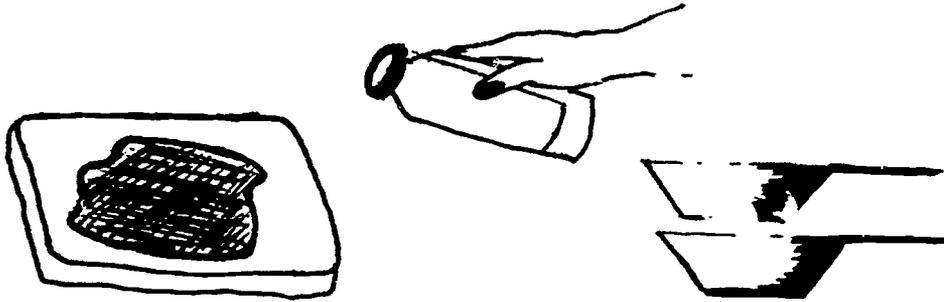
agua



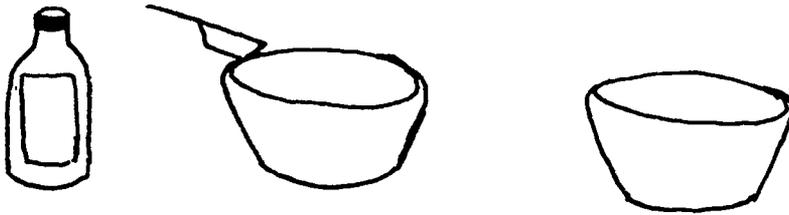
1½ libra de bistec de babilla

BISTEC ENCEBOLLADO (CONT.)

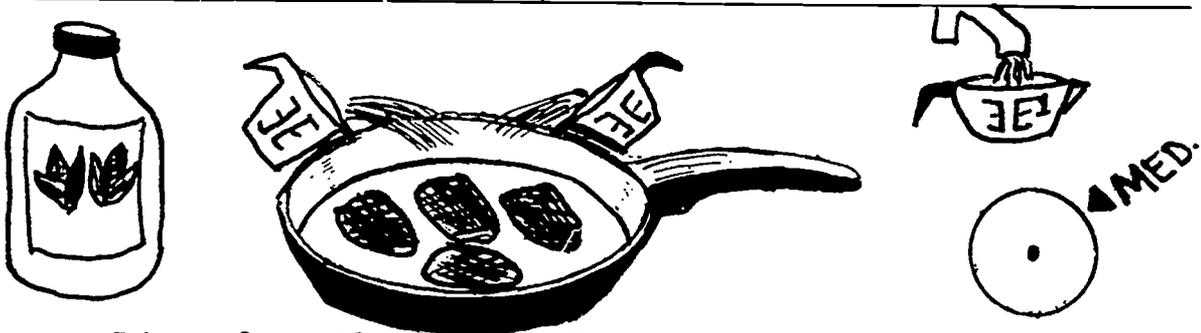
Sigue estos pasos



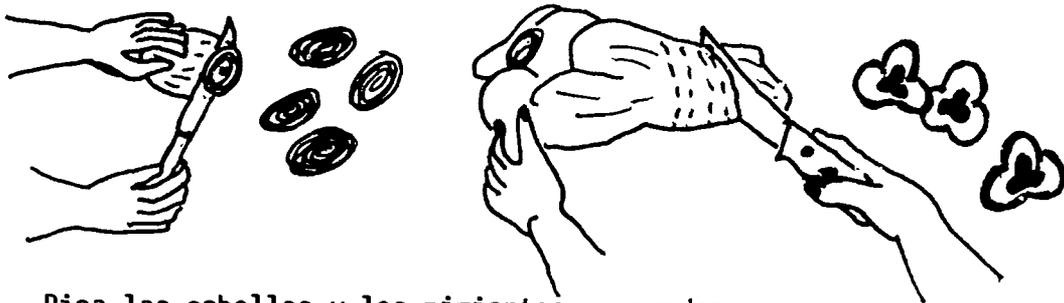
Sazona la carne con adobo



Añade el vinagre y mezcle bien



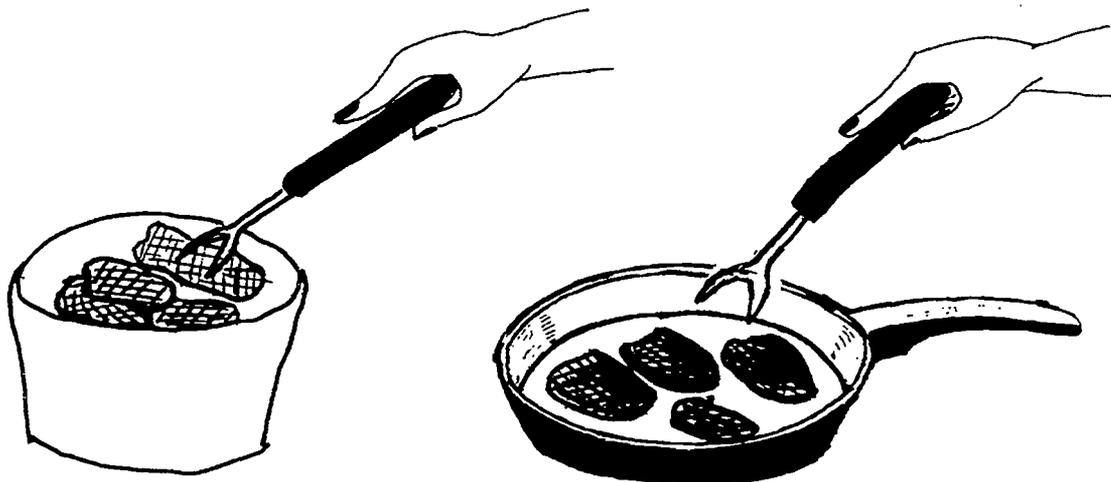
Echa en la sartén el agua, el aceite y caliente



Pica las cebollas y los pimientos en ruedas

BISTEC ENCEBOLLADO (CONT.)

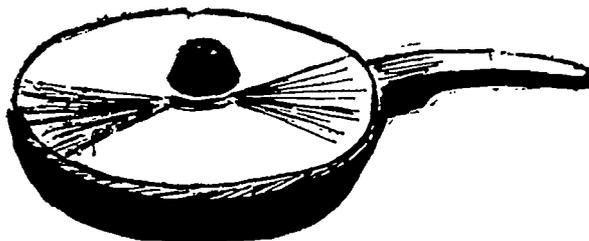
Sigue estos pasos



Echa los bistec en la sartén



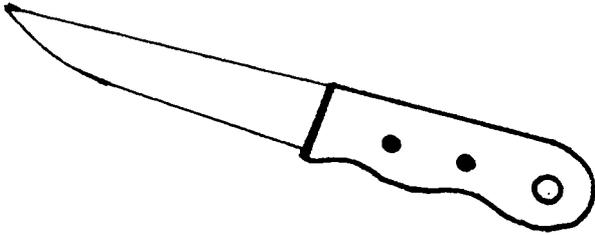
Añade de las cebollas y pimientos picados



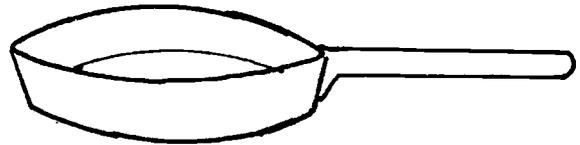
Tapa la sartén y cocina hasta que estén blandas

Canoas de Plátano Borincanas

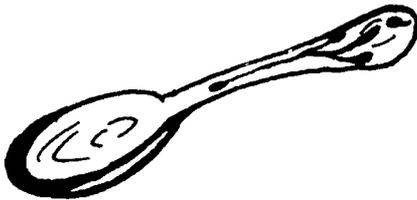
Necesitas:



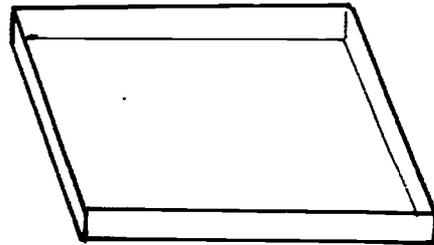
cuchillo



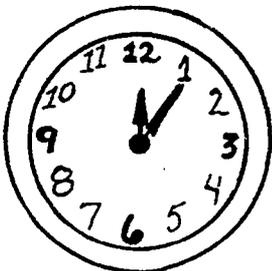
sartén



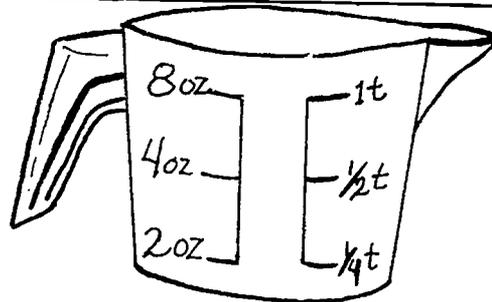
cuchara



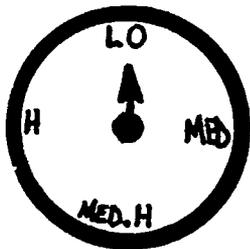
molde



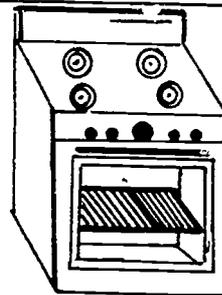
reloj



taza de medir



medidor de temperatura

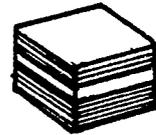
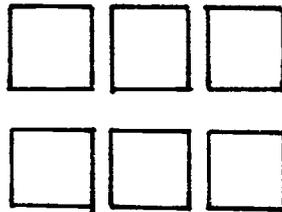


horno

Sigue estos pasos



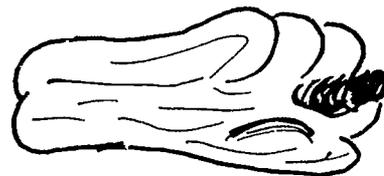
1 libra de carne molida ya preparada (ver receta anterior)



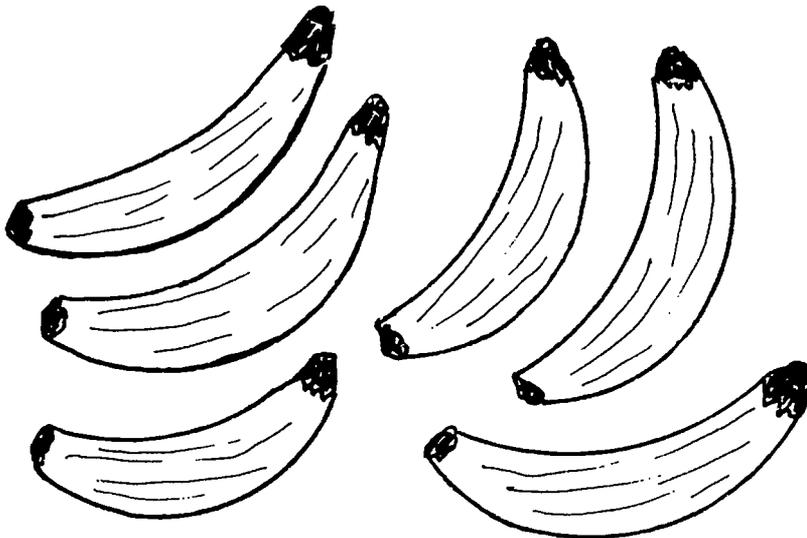
6 lascas de queso



aceite para freir 1 taza

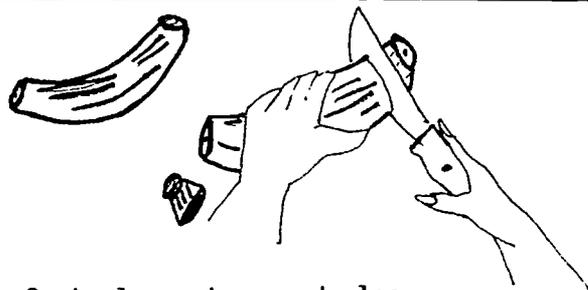


1 pimiento

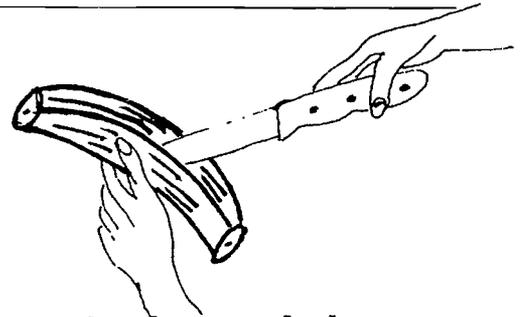


6 plátanos maduros

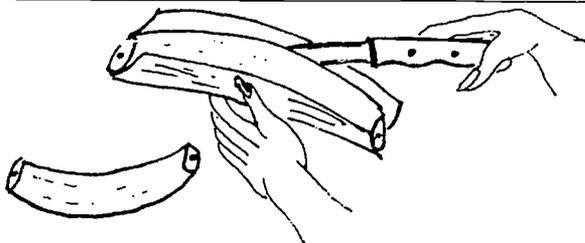
Sigue estos pasos



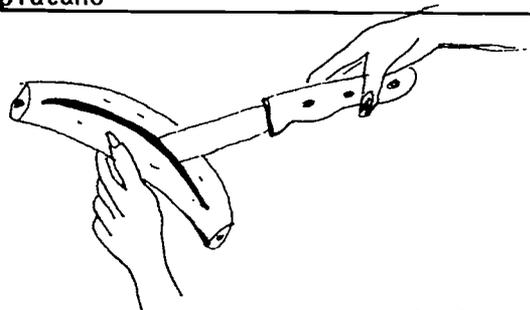
Corta los extremos de los plátanos



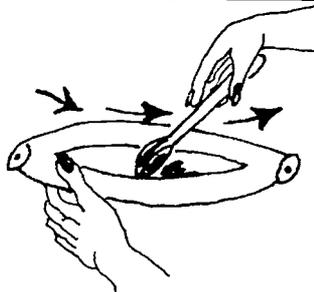
Da un corte a la cáscara a lo largo del plátano



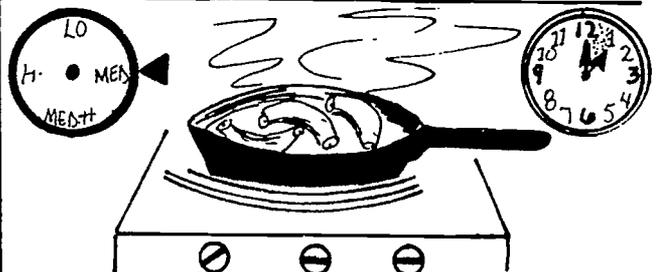
Monda los plátanos por el corte separándolos de la cáscara



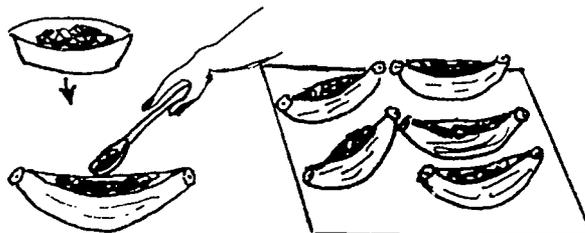
Ahueca el centro del plátano a lo largo



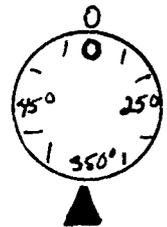
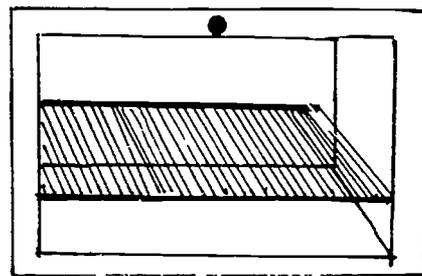
Luego ahueca con una cuchara



Fríe los plátanos por 5 minutos en temperatura media



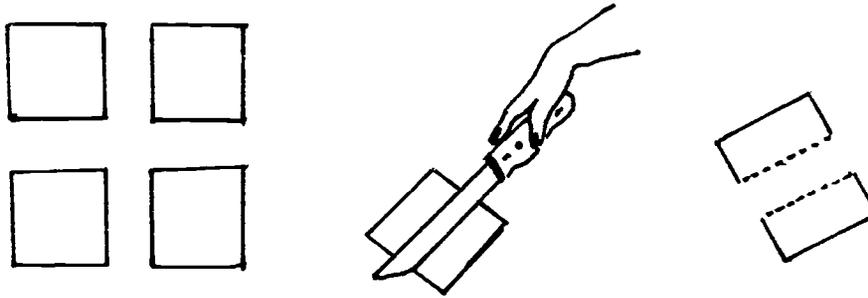
Rellena cada plátano



Prende el horno a 350°F

(Cont. Canoas de Plátanos Borincanas)

Sigue estos pasos



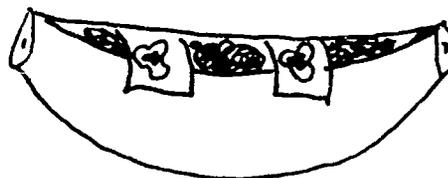
Divide las seis lascas de queso en dos mitades



Coloca dos mitades de queso sobre cada canoa



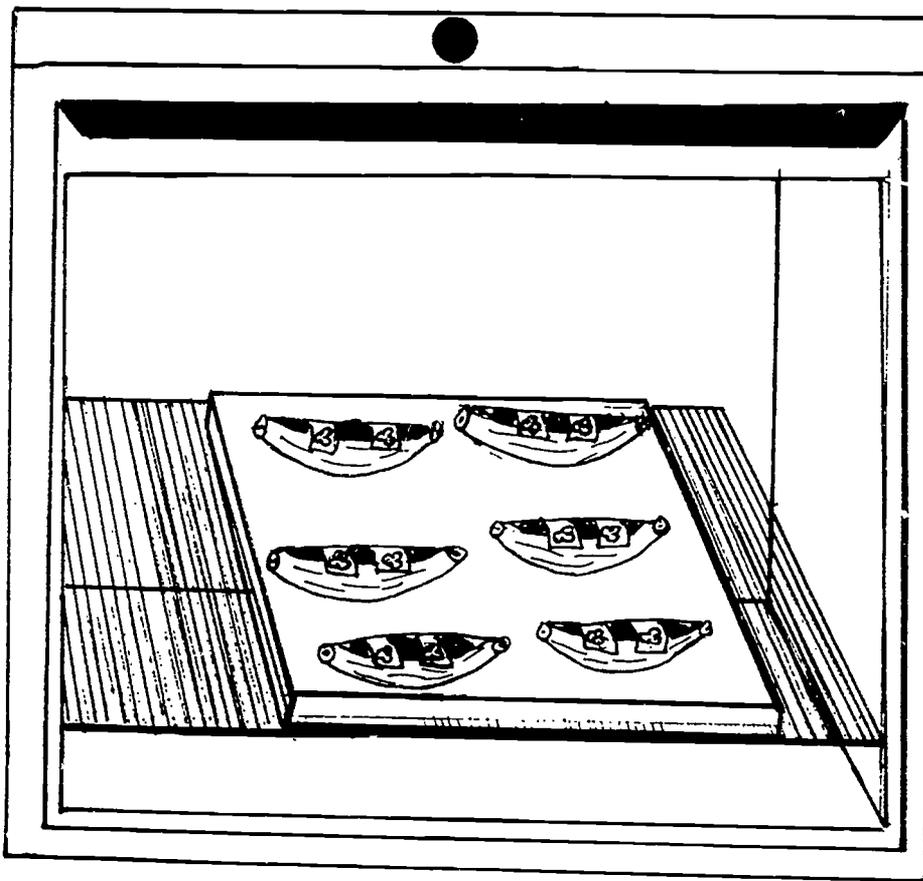
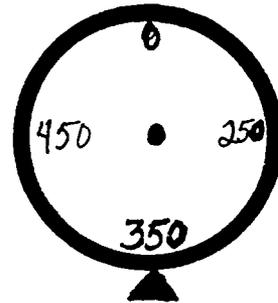
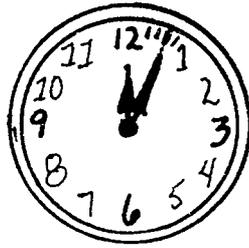
Rebana o corta el pimiento en rueditas



Coloca las rueditas de pimiento sobre el queso

(Cont. Canoas de Plátanos Borincanas)

Sigue estos pasos



Coloca las canoas sobre un molde en el horno por 3 minutos

Carne Molida Guisada

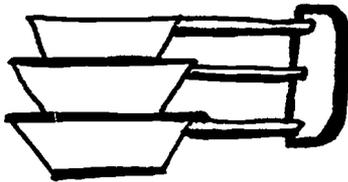
Necesitas:



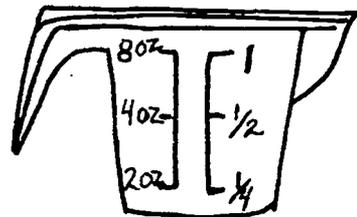
sartén



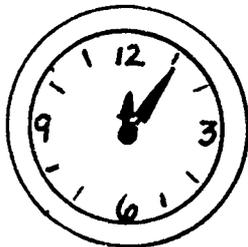
cucharón



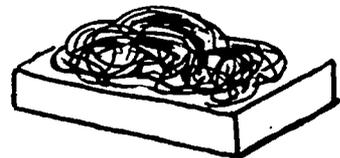
cucharitas de medir



taza de medir



reloj



1 libra de carne molida



1 sobrecito de sazón con achiote



1/2 cucharadita de sal

Sigue estos pasos



3 cucharaditas de sofrito



1 cucharada de aceite



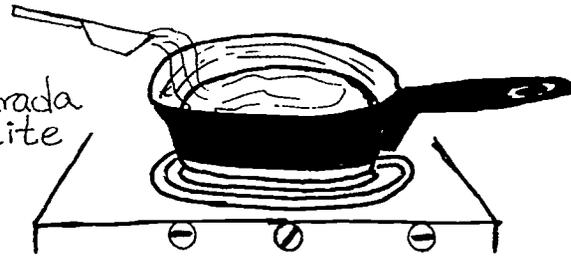
1/2 taza de salsa de tomate

(Cont. Carne Molida Guisada)

Sigue estos pasos



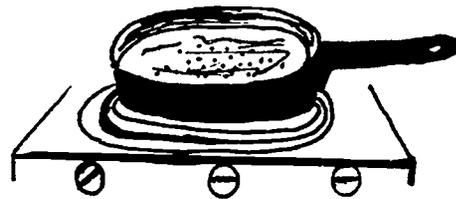
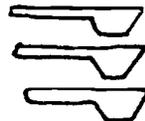
1 Cucharada
de Aceite



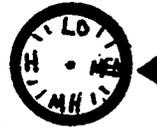
Coloca la sartén en el fuego y añádele el aceite



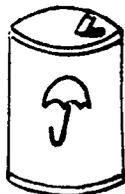
3 Cucharadas



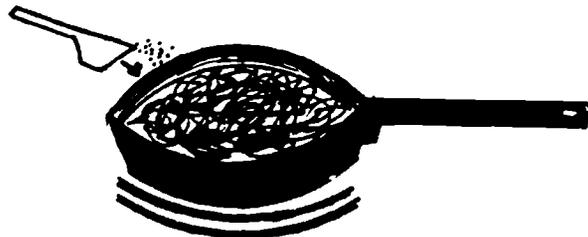
Echa el sofrito en el aceite caliente



Añade la carne molida y cocine a fuego medio



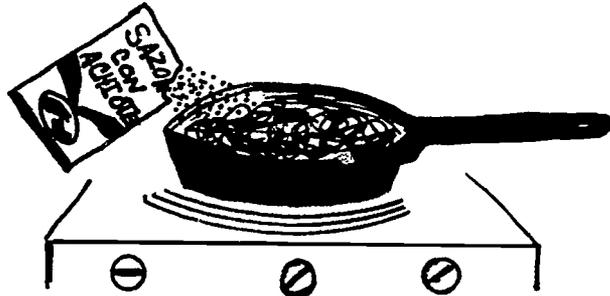
1 Cucharadita



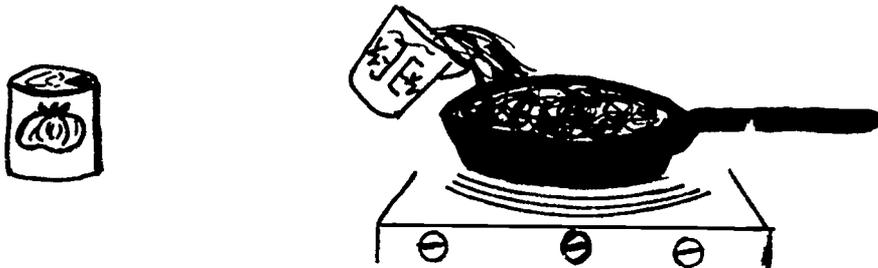
Quando se dore la carne échale la sal

(Cont. Carne Molida Guisada)

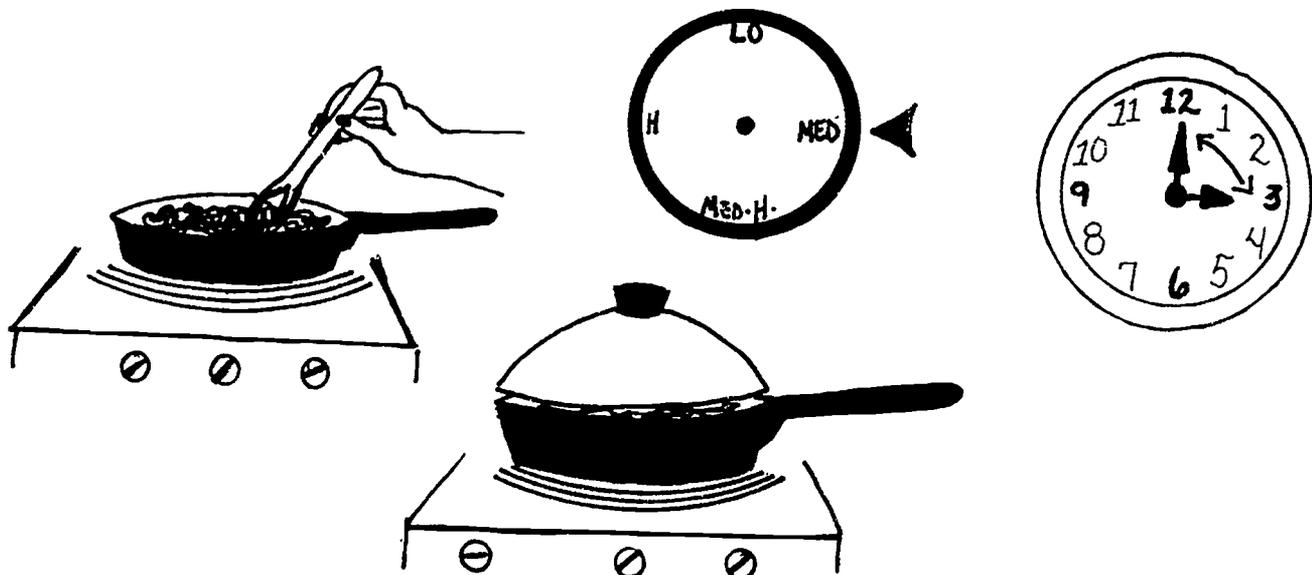
Sigue estos pasos



Echale un sobrecito de sazón



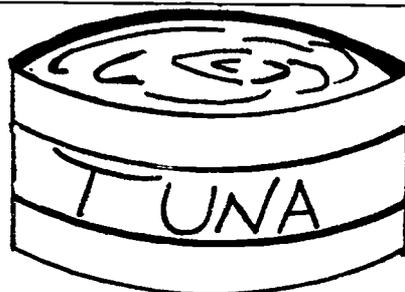
Echa media taza de salsa de tomate



Mueve y cocina a fuego medio por 15 minutos

ENSALADA DE TUNA FISH

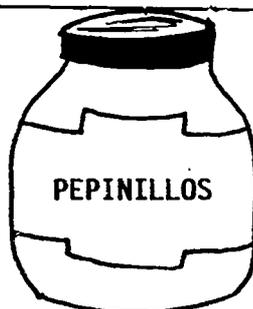
Necesitas:



tuna



lechuga



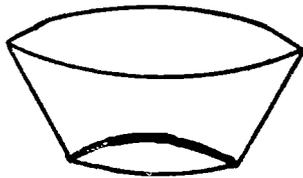
pepinillos picados



mayonesa

ENSALADA DE TUNA FISH (CONT.)

Sigue estos pasos



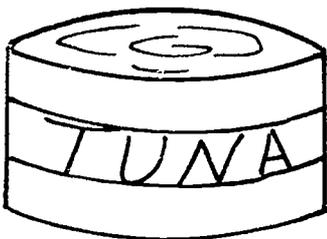
coloca en un envase



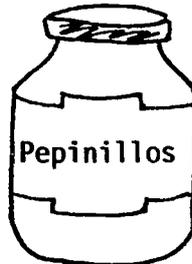
mayonesa



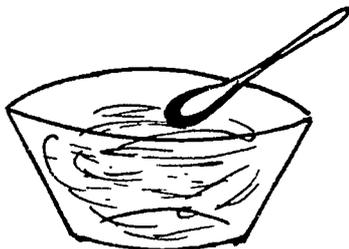
1 taza



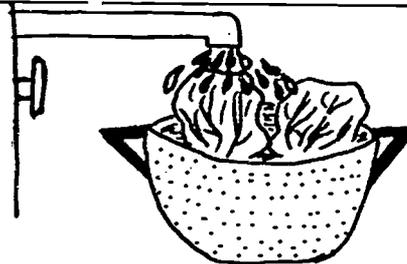
1 lata de tuna



una cucharada de pepinillos picados



mezcla



lava y escurra la lechuga



coloca hojas de lechuga sobre un plato



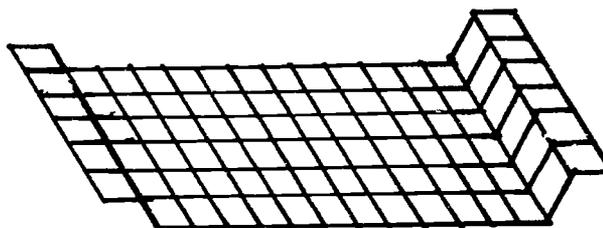
vierte la mezcla sobre éstas por cucharadas

PESCADO FRITO EMPANADO

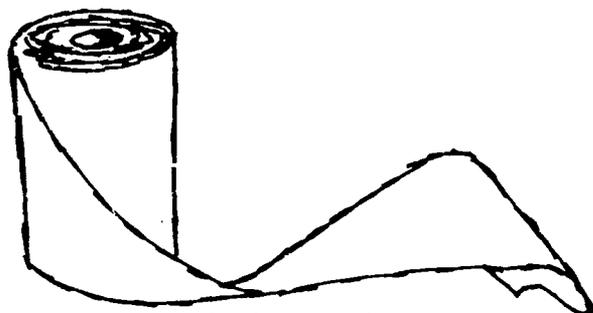
Necesitas:



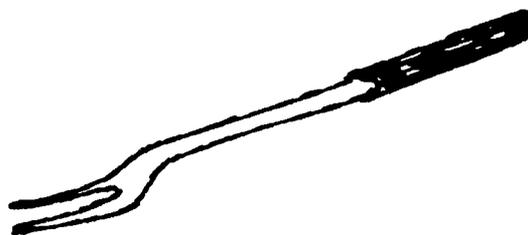
sartén



parrilla escurridora



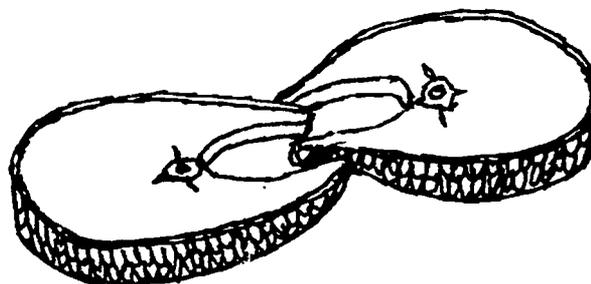
papel absorbente



tenedor de freir



harina de trigo



ruedas de pescado



sal de ajo



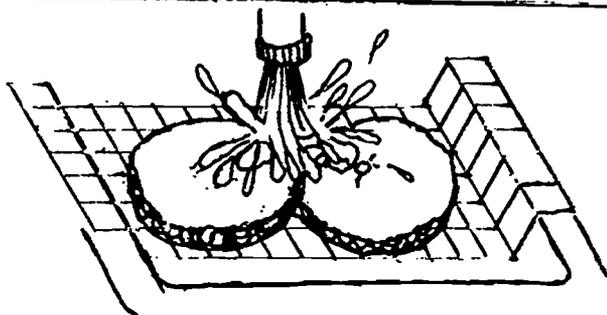
sal



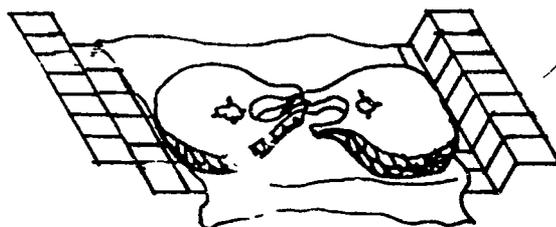
aceite

PESCADO FRITO EMPANADO (CONT.)

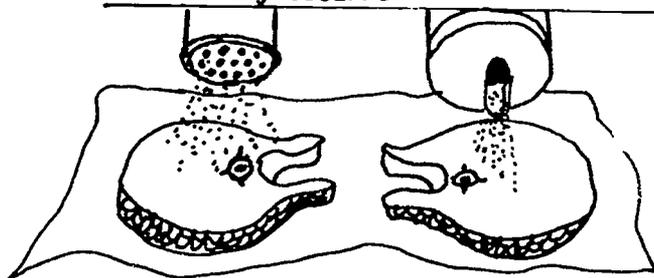
SIGUE ESTOS PASOS



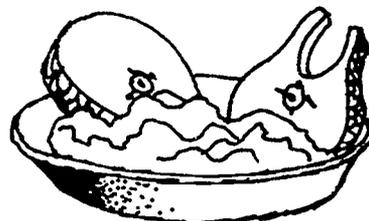
Lava y escurre



Seca cada rueda de pescado



Sazona con sal y sal de ajo a gusto



Envuelve las ruedas de pescado en la harina



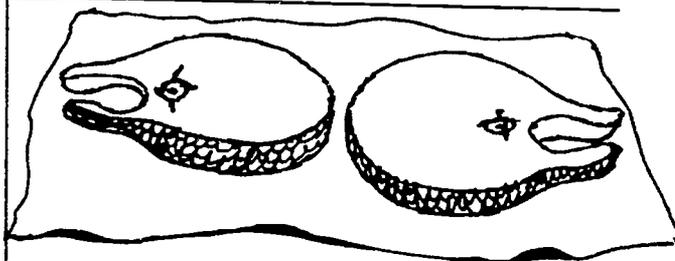
Calienta el aceite a fuego moderado en la sartén



Echa el pescado a freír a fuego moderado por 20 minutos volteándolo hasta que dore



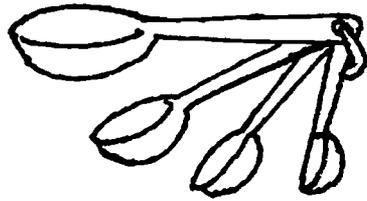
Saca el pescado



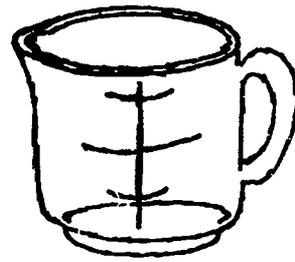
Escúrrelo sobre papel absorbente

SERENATA DE BACALAO

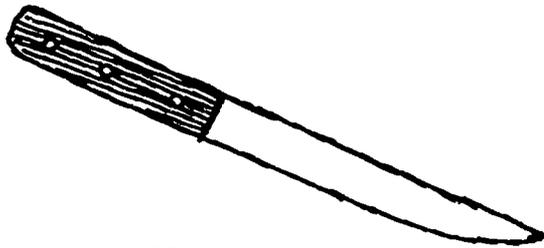
Necesitas:



cucharaditas para medir



taza de medir



cuchillo



1 taza de bacalao desmenuzado



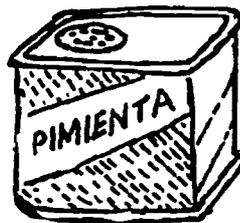
envase



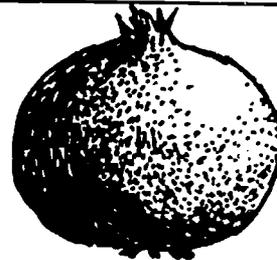
1 taza de aceite de oliva



sal



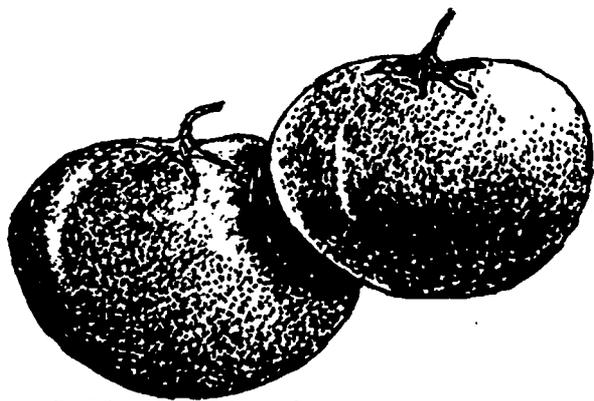
pimienta



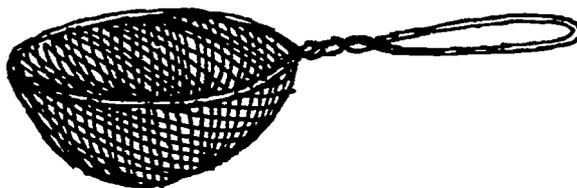
1 libra de cebollas

SERENATA DE BACALAO (CONT.)

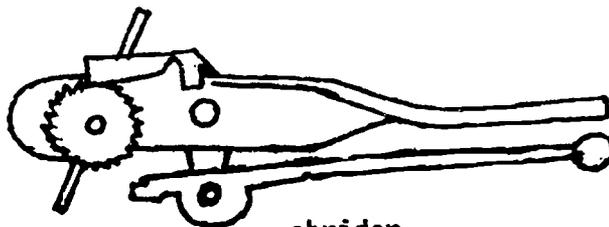
SIGUE ESTOS PASOS



1 libra de tomates



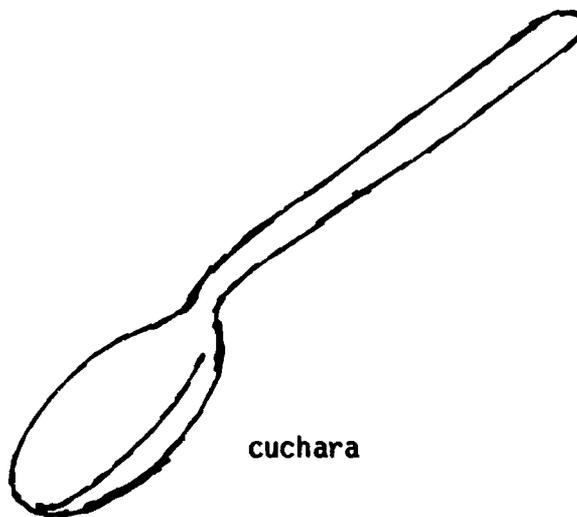
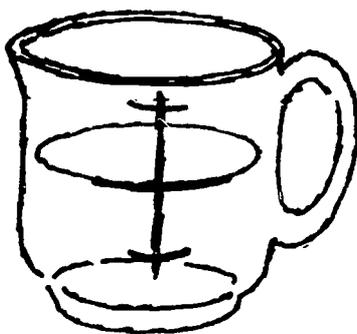
escurridor



abridor



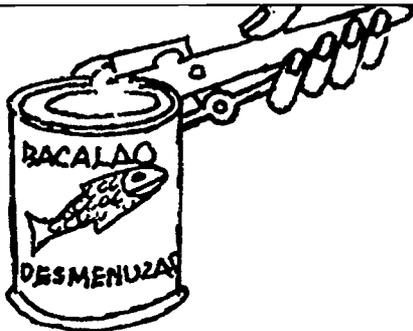
½ taza de vinagre



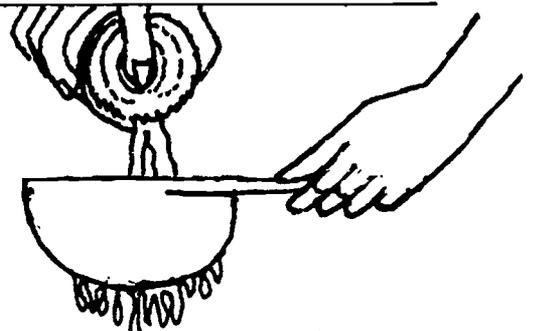
cuchara

SERENATA DE BACALAO (CONT.)

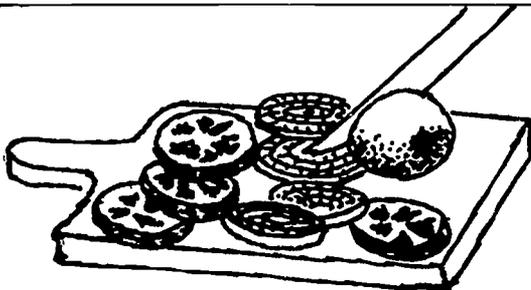
SIGUE ESTOS PASOS



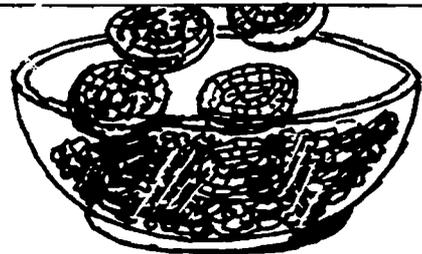
Abre la lata del bacalao desmenuzado



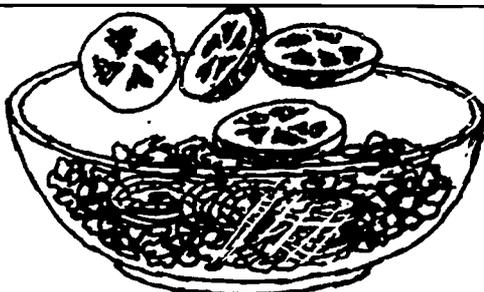
Echa el bacalao en un escurridor para evitar exceso de líquido



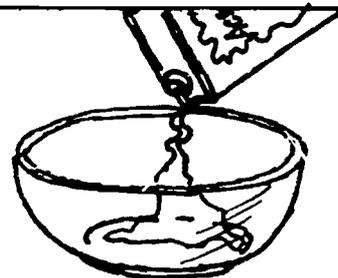
Pica las cebollas y los tomates en ruedas



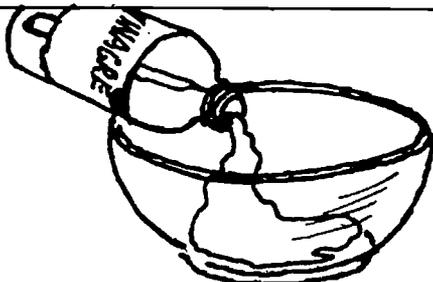
Coloca el bacalao en un envase y echa las cebollas



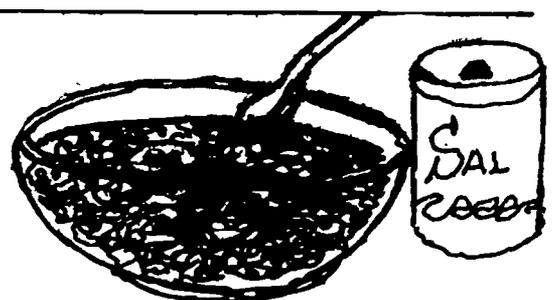
Echa los tomates cortados en ruedas



Toma un envase para preparar la salsa, echa el aceite



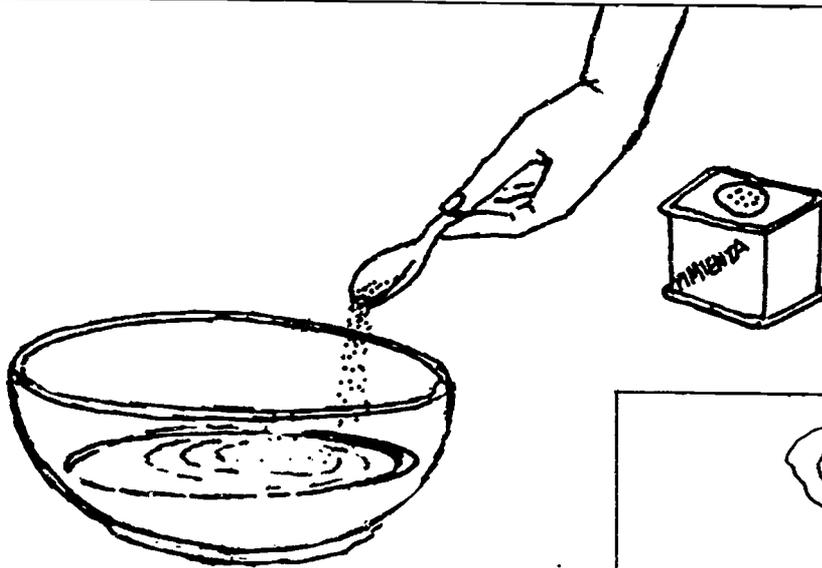
Echa el vinagre



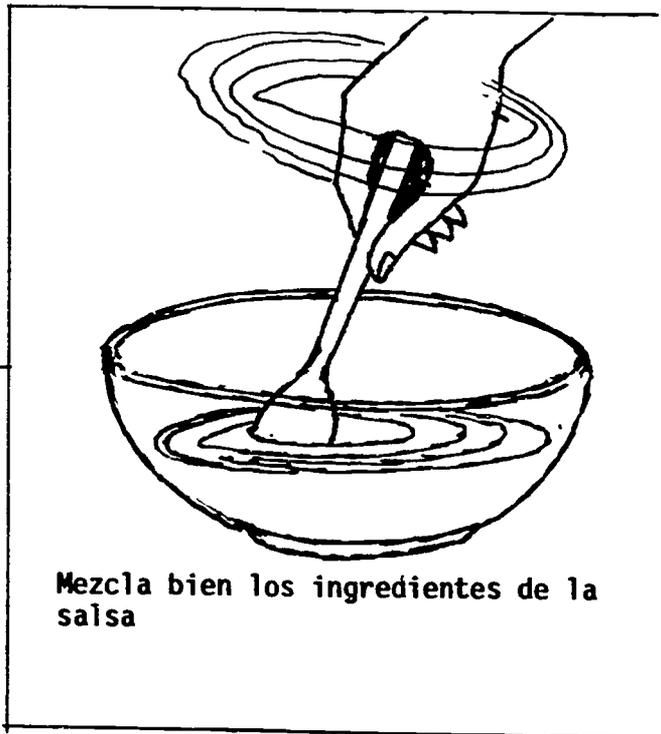
Echa la sal

SERENATA DE BACALAO (CONT.)

SIGUE ESTOS PASOS



Echa la pimienta



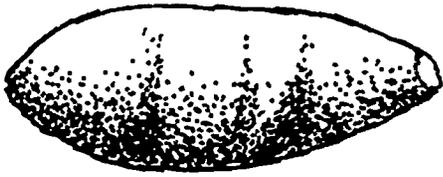
Mezcla bien los ingredientes de la salsa



Echa la salsa sobre el bacalao

VEGETALES Y FRUTAS

BUÑUELO DE ÑAME



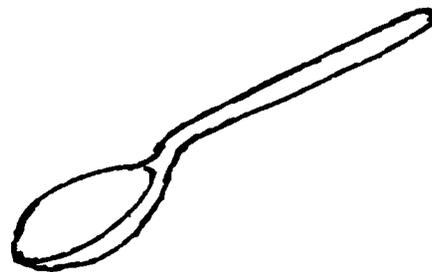
ñame



guallo



polvo de hornear



cuchara mediana



sartén



1 cucharadita



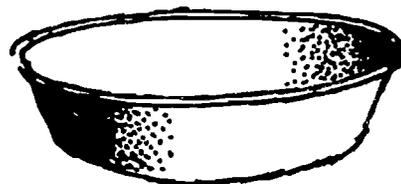
cuchillo



aceite vegetal



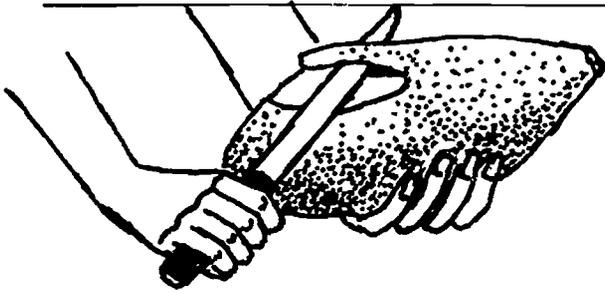
sal



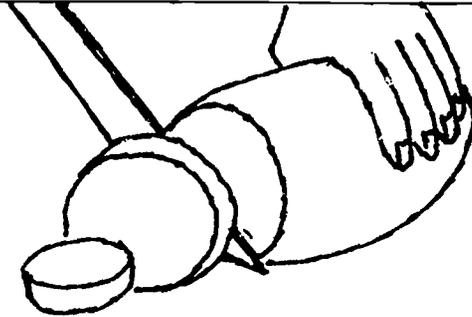
escudilla

(Buñuelo de Ñame continuación)

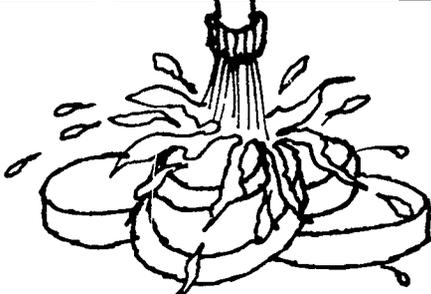
Sigue estos pasos



Monda



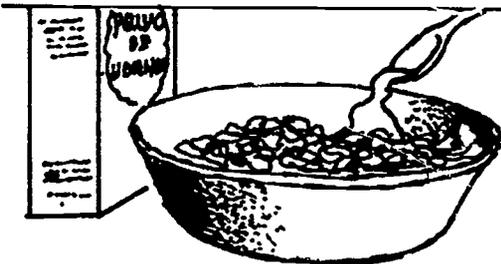
Rebana



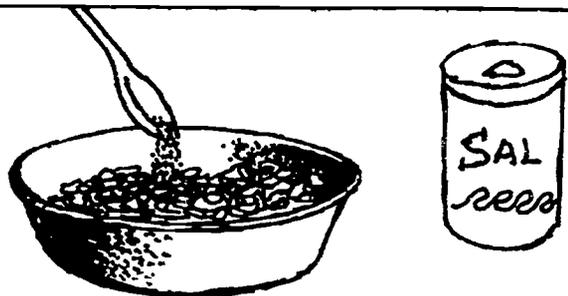
Lava



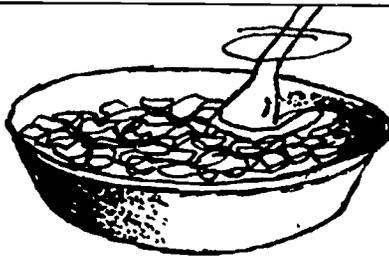
Gualla



Echa una cucharadita de polvo de hornear



Echale dos cucharaditas de sal



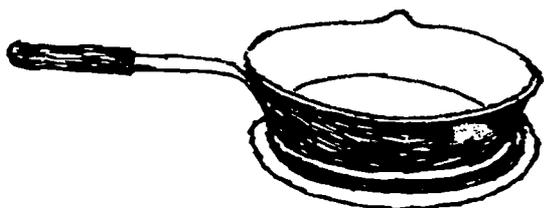
Mezcla



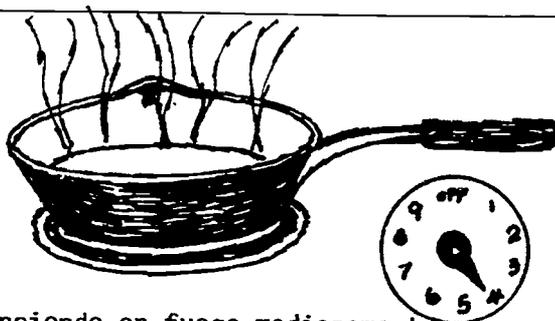
Echale aceite a la sartén

(Buñuelo de Ñame continuación)

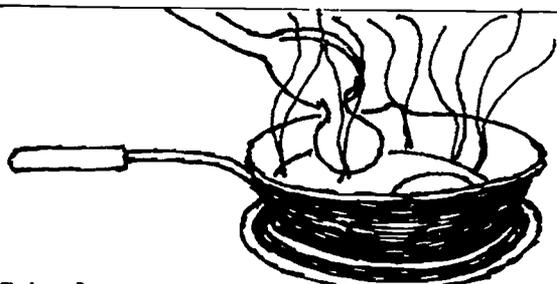
Sigue estos pasos



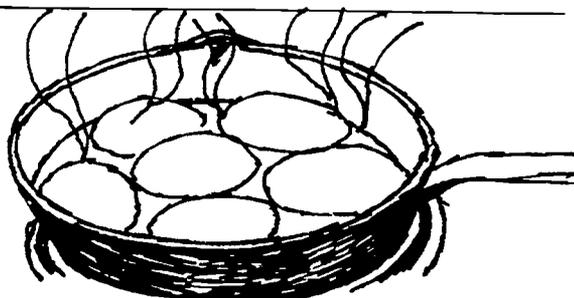
Coloca la sartén en la estufa



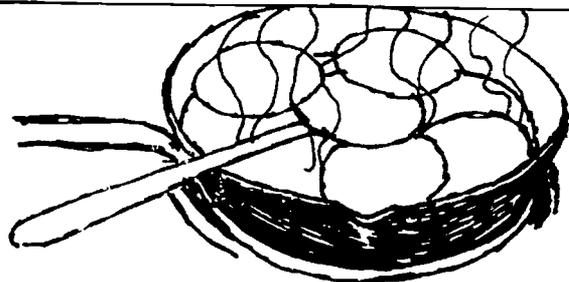
Enciende en fuego medianamente alto



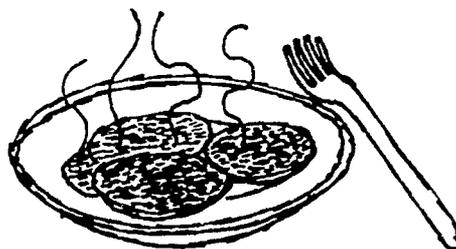
Echa la masa por cucharadas, en la sartén



Dora



Vira



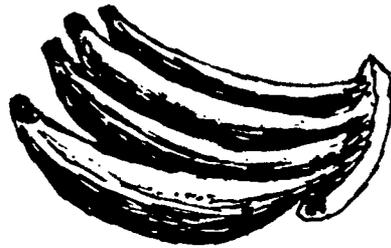
Sirve caliente

GUINEOS EN ESCABECHE

Necesitas



sal



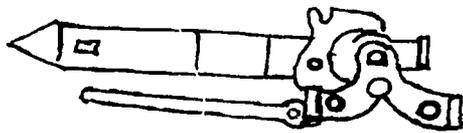
guineos verdes



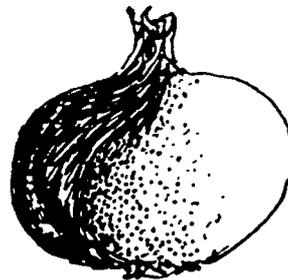
picador



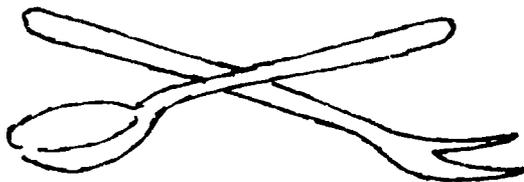
ajo



abridor



cebolla



cucharón y tenedor



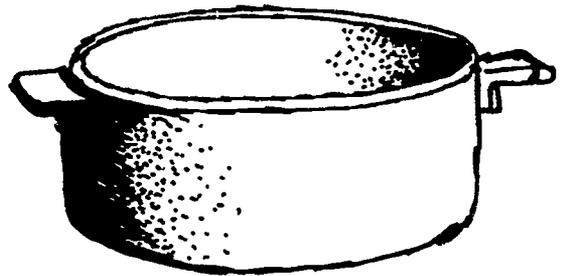
una lata pimientos morrones

(Guineos en escabeche continuación)

Sigue estos pasos



hoja de laurel



olla



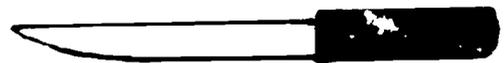
aceite de oliva



pilón



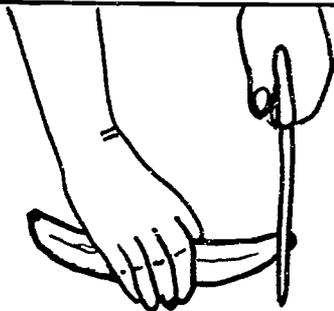
sartén



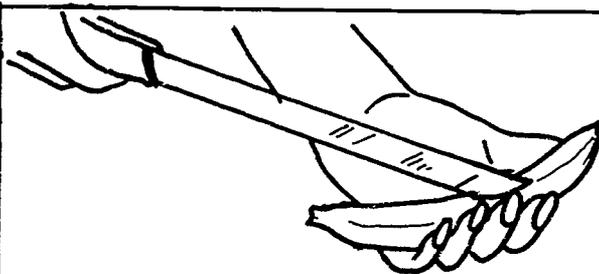
cuchillo

(Guineos en escabeche continuación)

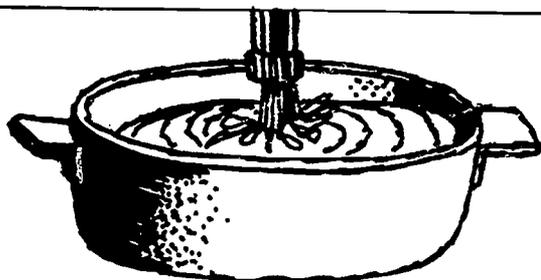
Sigue estos pasos



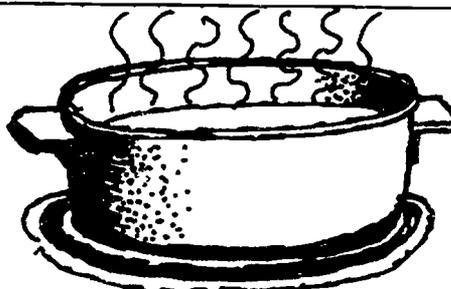
Corta los extremos



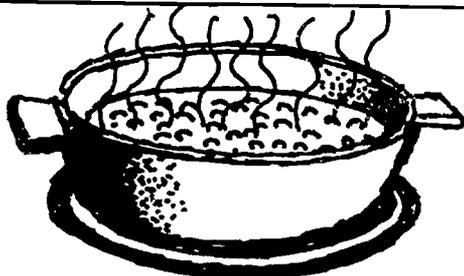
Da un corte en el centro



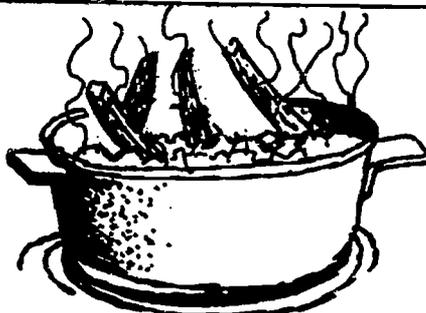
Echa agua



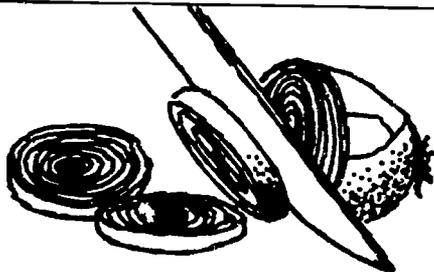
Coloca la olla en la hornilla y enciende a temperatura moderada



Hierve el agua



Añade los guineos



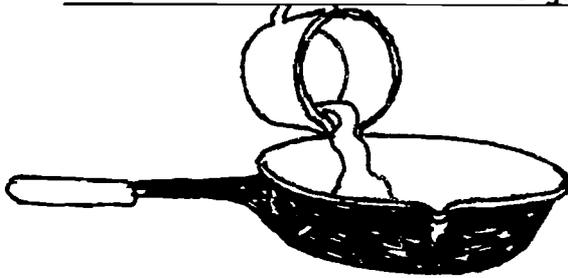
Pela y rebana la cebolla



Pela los ajos

(Guineos en escabeche continuación)

Sigue estos pasos



Echa 2 taza de aceite de oliva a la sartén



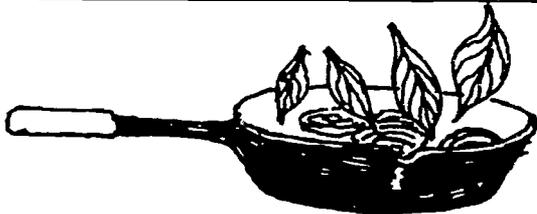
Machaca los ajos



Añade dos cucharaditas de sal



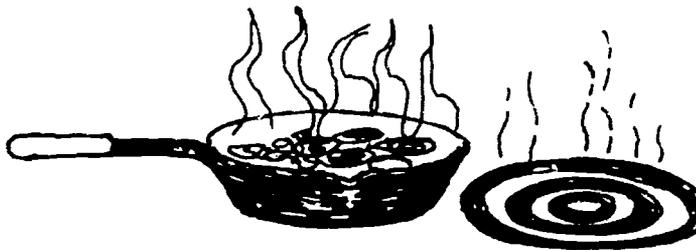
Echa el ajo machacado y la cebolla a la sartén



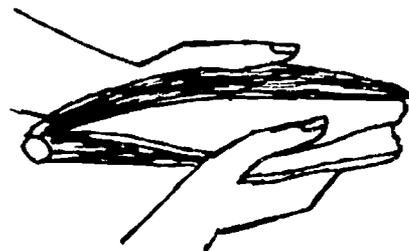
Añade las hojas de laurel



Sofríe a fuego moderado



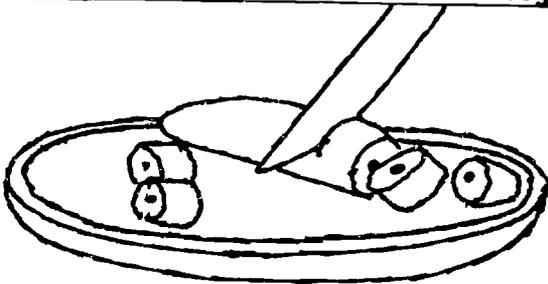
Retira del fuego



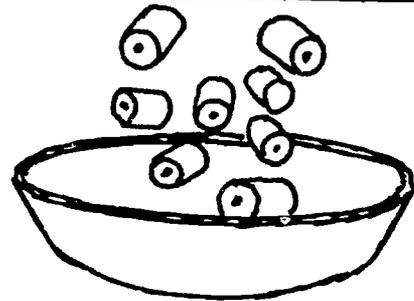
Quita la cáscara

(Guineos en escabeche continuación)

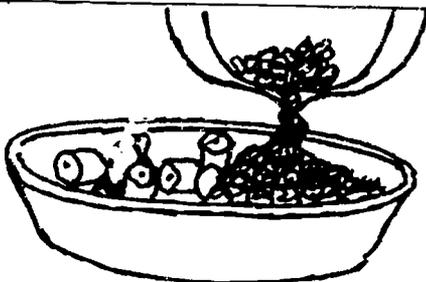
Sigue estos pasos



Pica



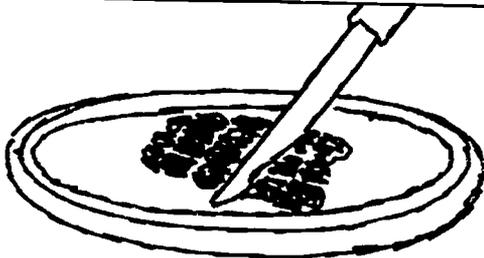
Echa en la escudilla



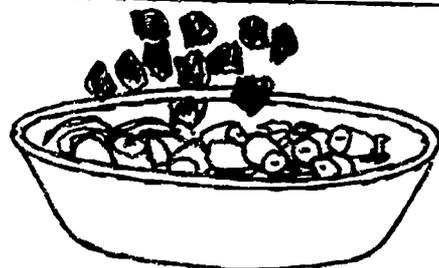
Añade la salsa



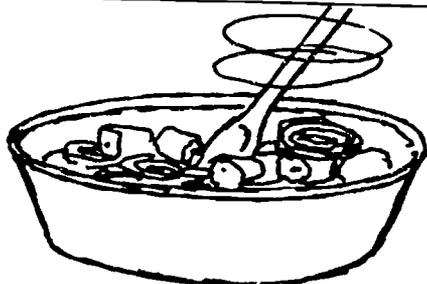
Abre la lata de pimientos morrones



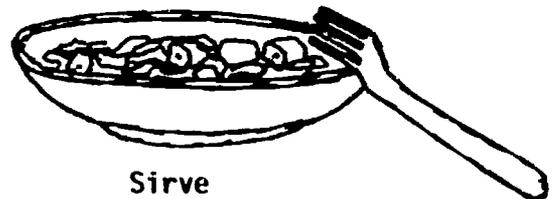
Pica los pimientos



Mueve



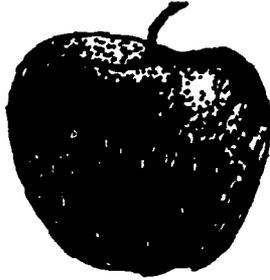
Añade los pimientos



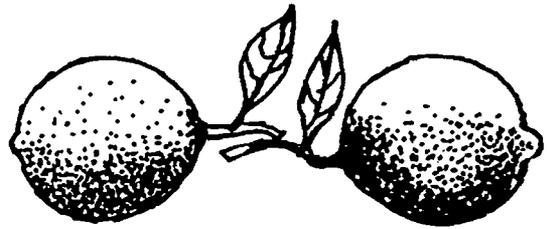
Sirve

ENSALADA DE FRUTAS FRESCAS

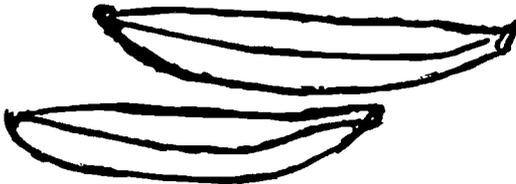
Necesitas:



Manzana



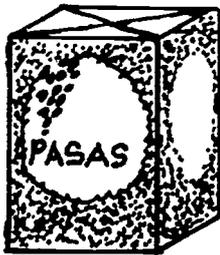
Limonos



Guineos



Piña



Pasas



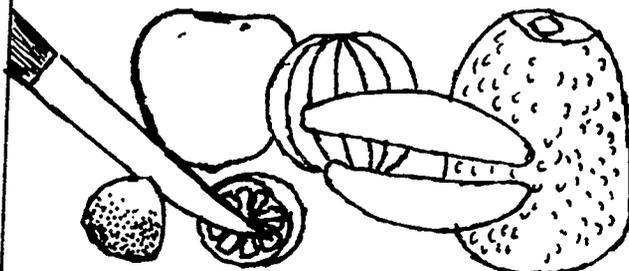
Chinas

(Ensalada de frutas frescas continuación)

Sigue estos pasos



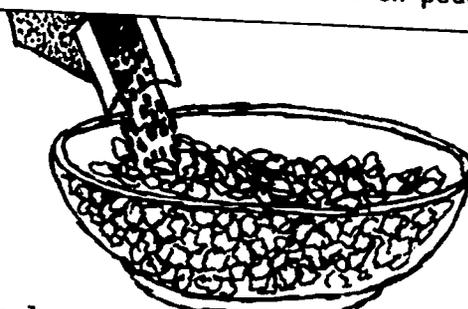
Lava



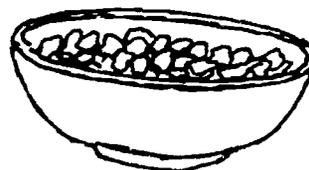
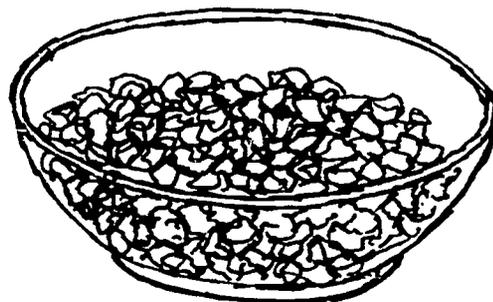
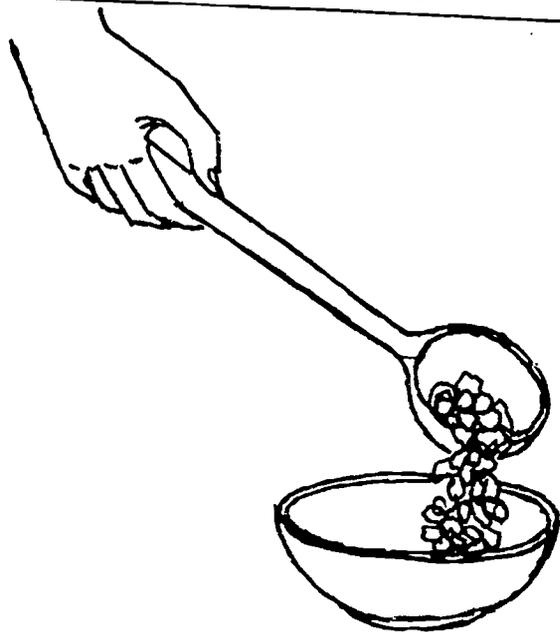
monda y corta las frutas en pedazos



Exprime los limones



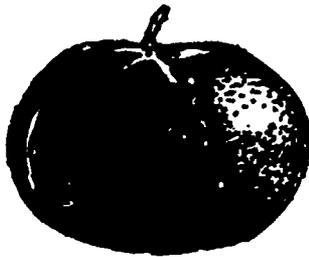
Echa las pasas y todos los ingredientes en un envase y mezcla



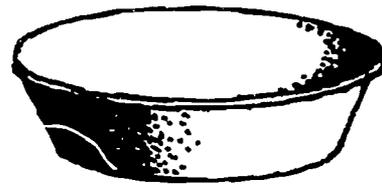
Sirve en platos

ENSALADA DE LECHUGA Y TOMATE

Necesitas:



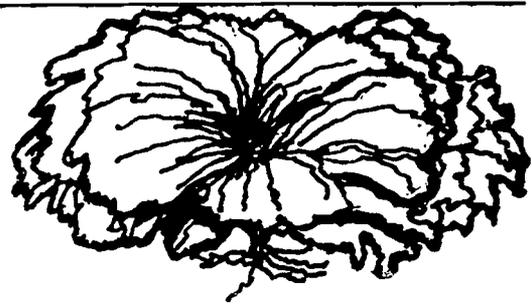
tomate



escudilla



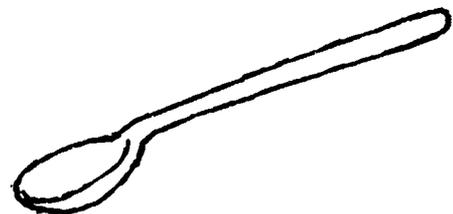
sal



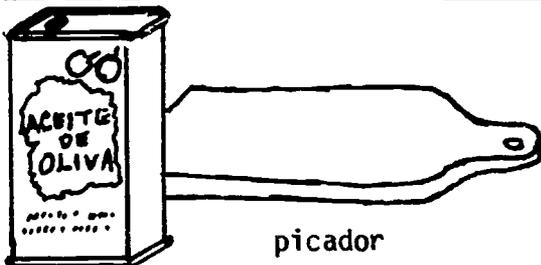
un mazo de lechuga



vinagre

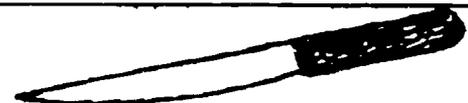


cucharón

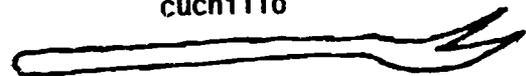


aceite de oliva

picador



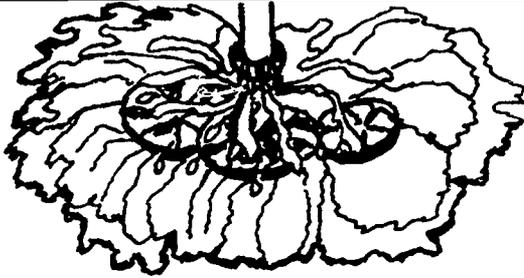
cuchillo



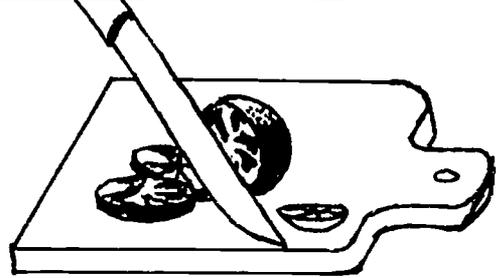
tenedor

(Ensalada de Tomates y Lechuga continuación)

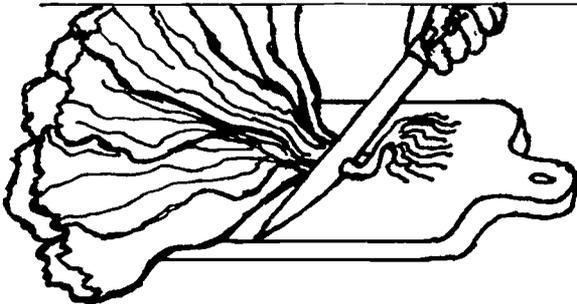
Sigue estos pasos



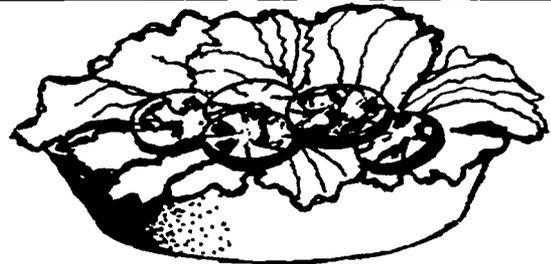
Lava las lechugas y tomates



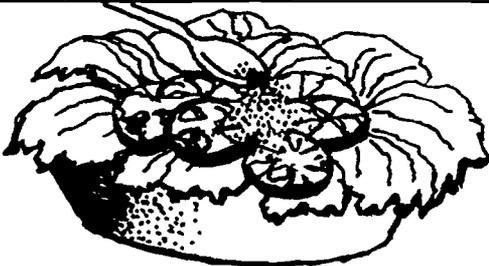
Rebana los tomates



Corta el tallo de la lechuga



Echa la lechuga y los tomates en la escudilla



Añade una cucharadita de sal



Añade una cucharadita de aceite oliva



Mueve



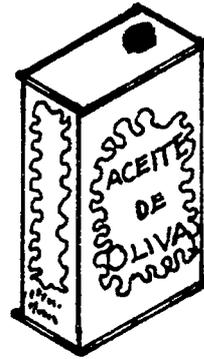
Sirve

ENSALADA MIXTA

Necesitas:



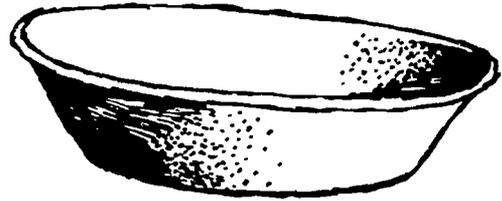
una lata de vegetales mixtos



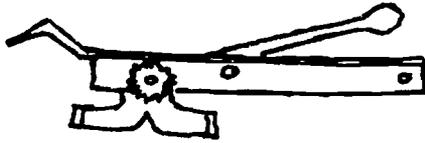
aceite de oliva



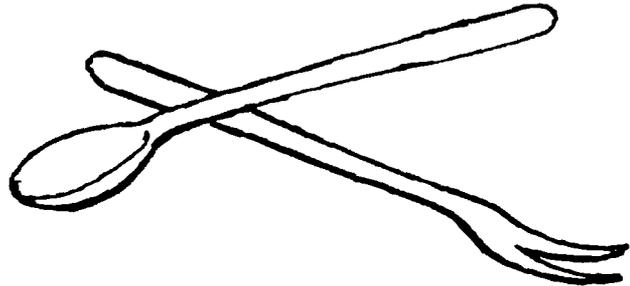
vinagre



escudilla



abridor



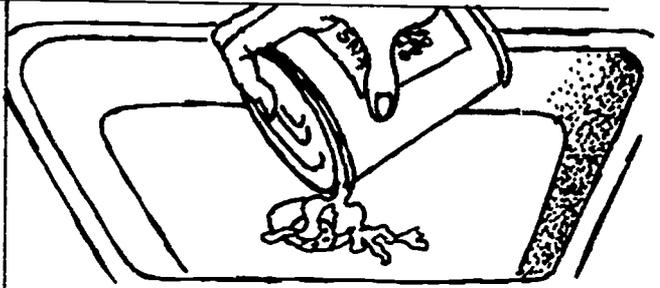
cucharón y tenedor

(Ensalada Mixta continuación)

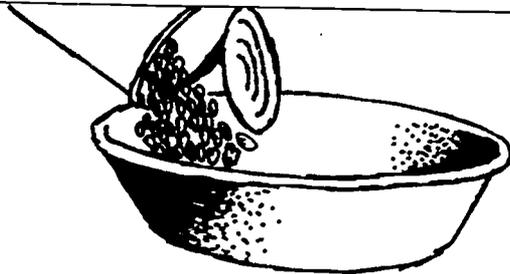
Sigue estos pasos



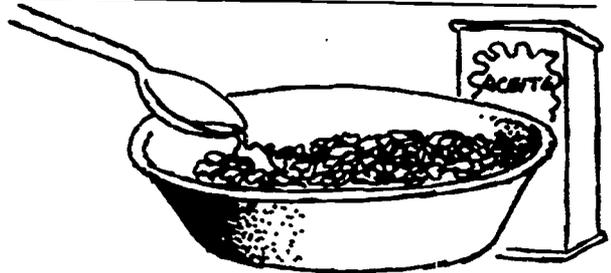
Abre la lata



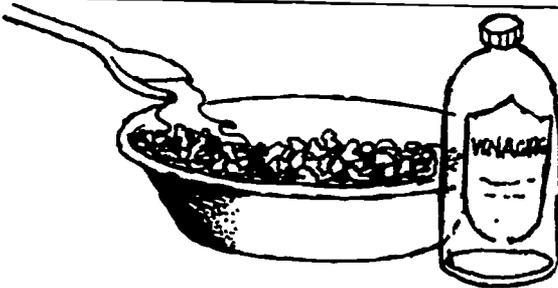
Bota el agua en el fregadero



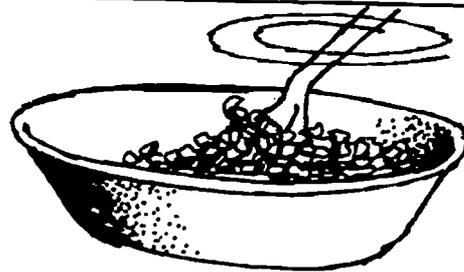
Echa los vegetales en la escudilla



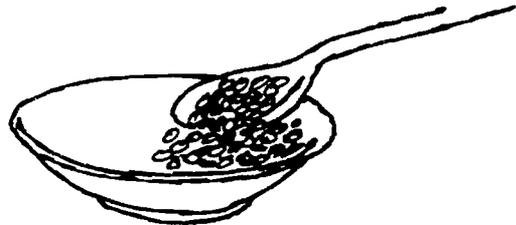
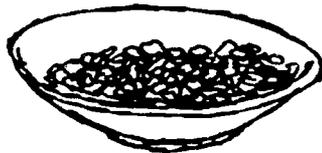
Añade dos cucharadas de aceite oliva



Añade una cucharadita de vinagre



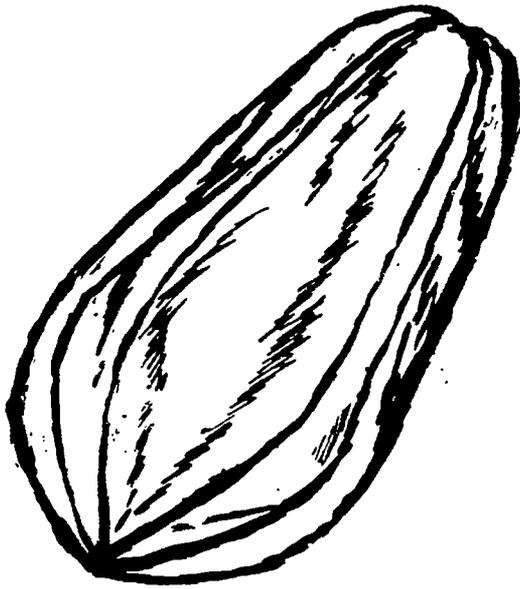
Mueve



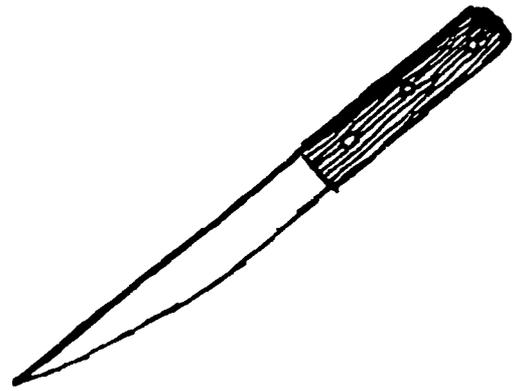
Sirve

PAPAYA MADURA

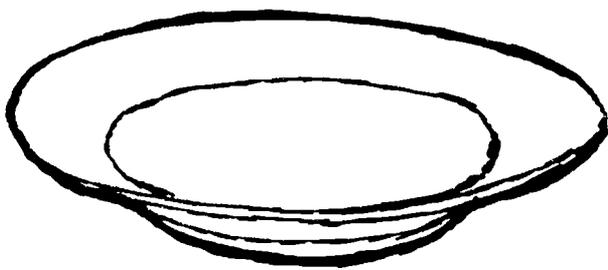
Necesitas



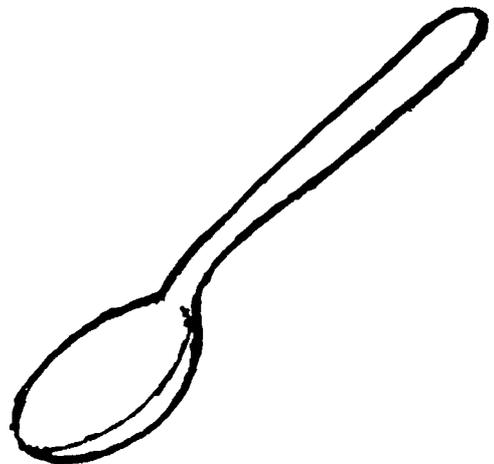
papaya



cuchillo



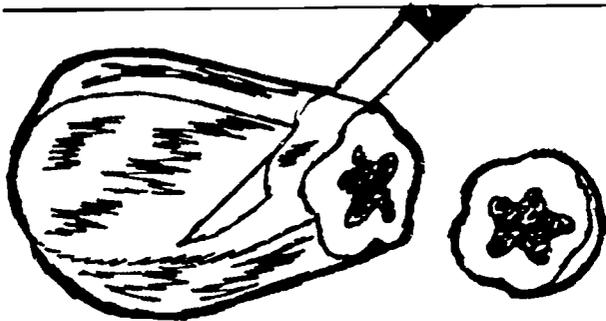
plato



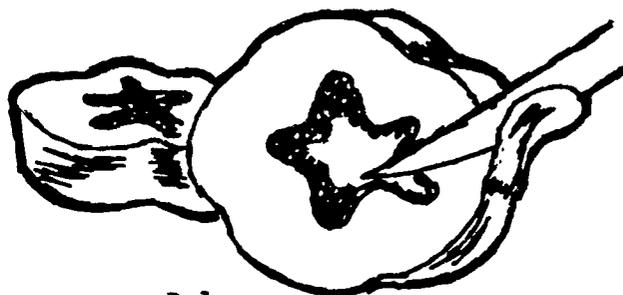
cuchara

PAPAYA MADURA (CONT.)

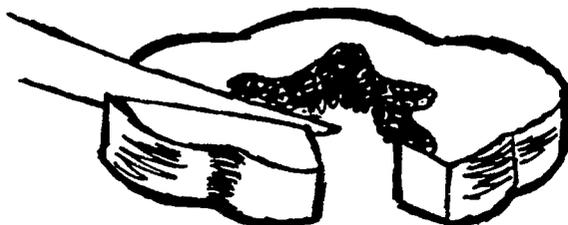
SIGUE ESTOS PASOS



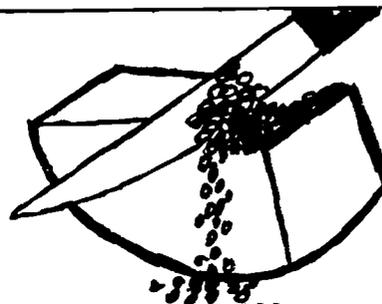
Corta en tajadas



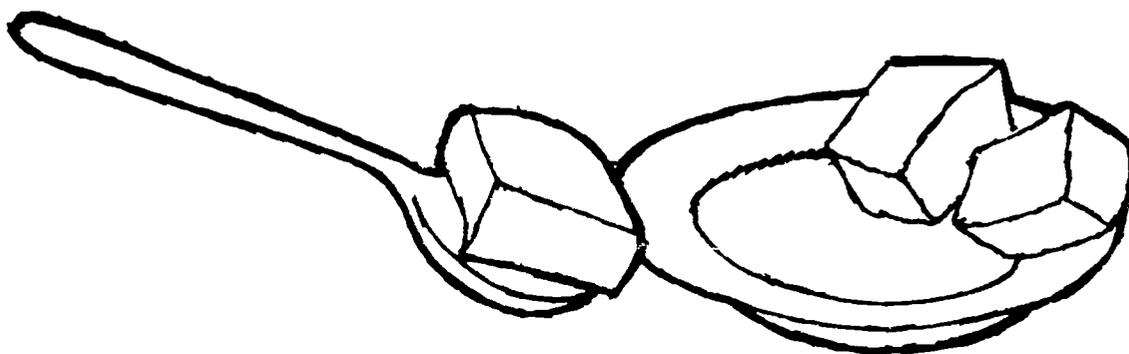
Pela



Corta en cuadros



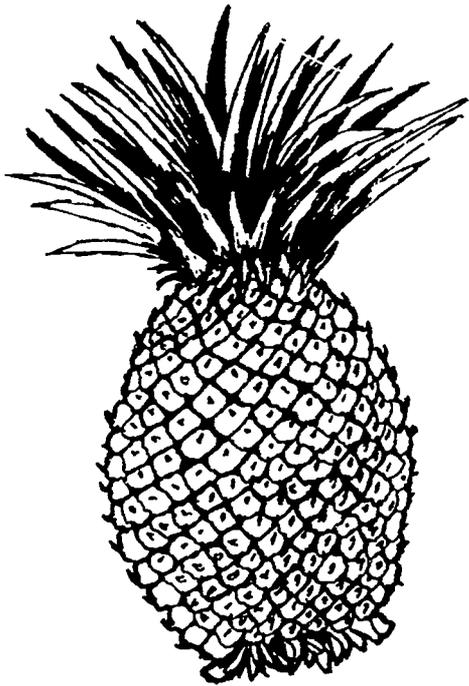
Saca las semillas



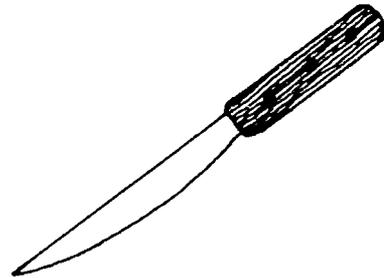
Sirve

Necesitas:

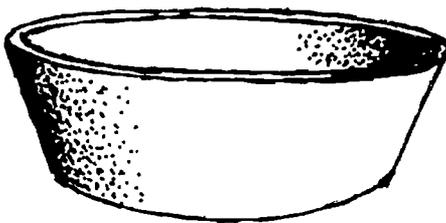
PIÑA FRESCA



Piña



Cuchillo



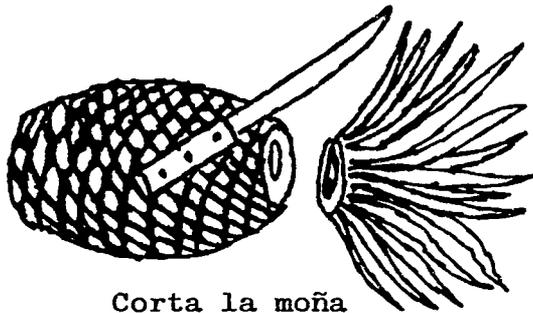
Escudilla



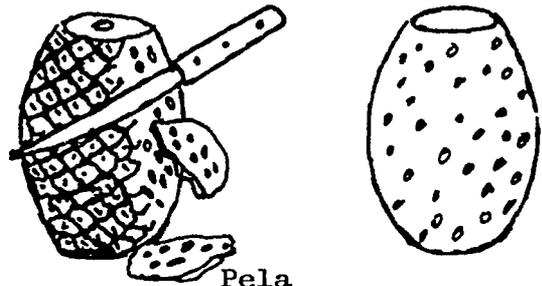
Plato

(Piña Fresca Continuaciòn)

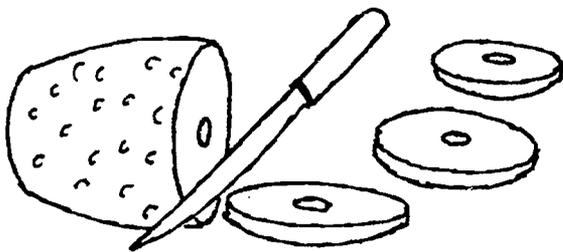
Sigue estos pasos



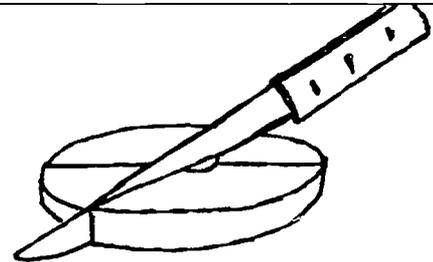
Corta la moña



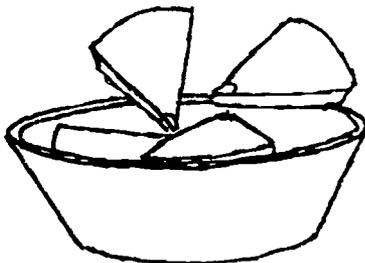
Pela



Rebana



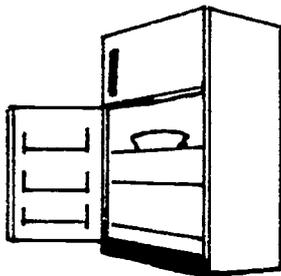
Corta en triángulos



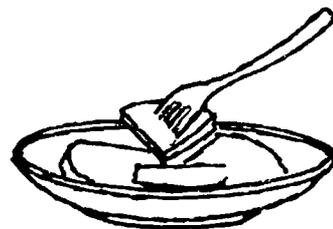
Echa en la escudilla



Lava



Coloca en nevera 1|2 hora

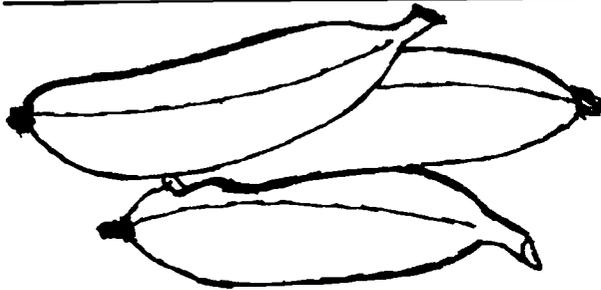


Sirve

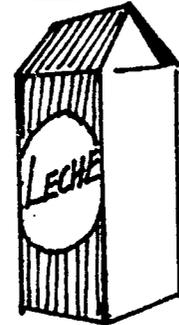
BEBIDAS

BATIDAS DE GUINEOS Y FRESAS

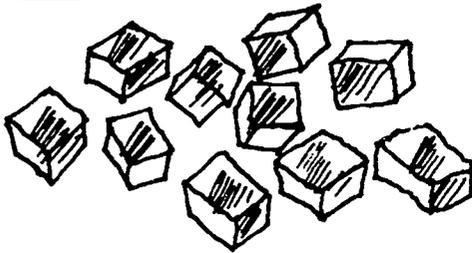
Necesitas:



tres guineos



Leche



hielo picadito

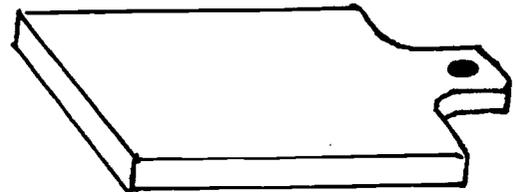
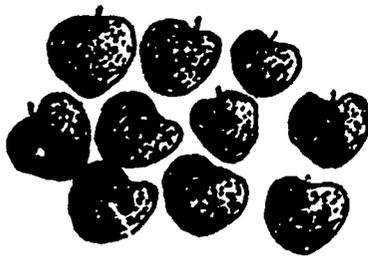


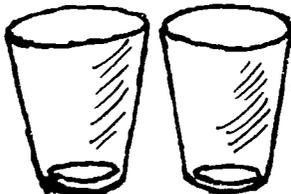
tabla de picar



fresas



azúcar



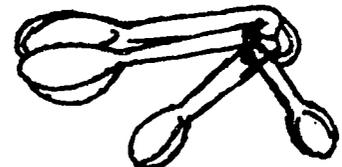
vasos



cuchillo



licuadora



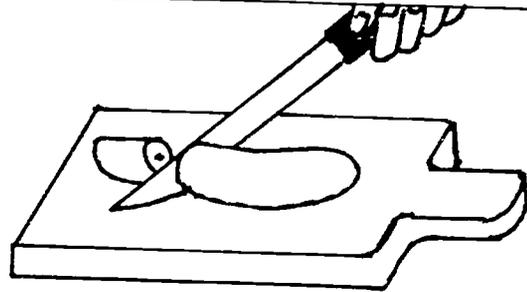
cuchara de medir

(Batida de Guineos y Fresas Continuación)

Sigue estos pasos



Monda tres guineos



Pártelos en pedazos



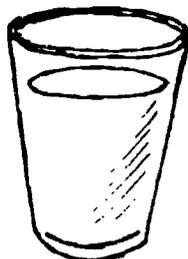
Echa en la licuadora los guineos,
fresas y el hielo picado a gusto



Echa dos cucharadas de azucar



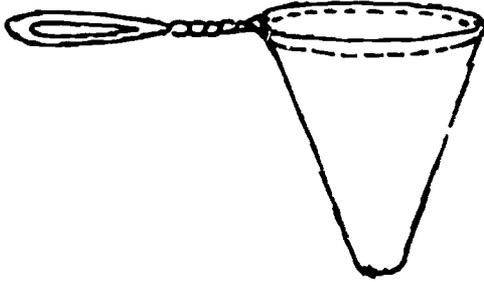
Enciende la licuadora por 5 minutos
tapada



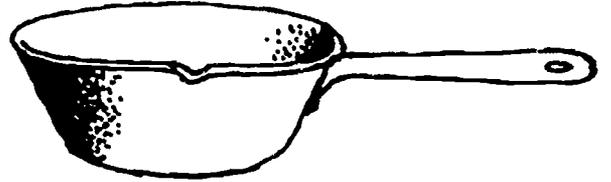
Sirve en vasos

CAFE NEGRO

Necesitas:



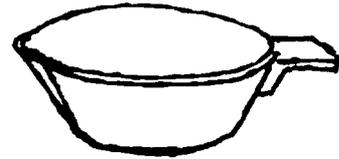
colador de tela



cacerola



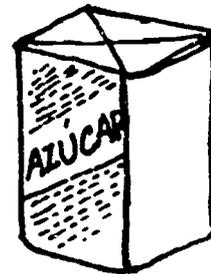
cafetera



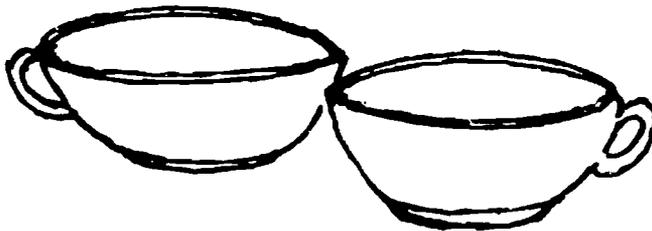
taza de medir



café



azúcar



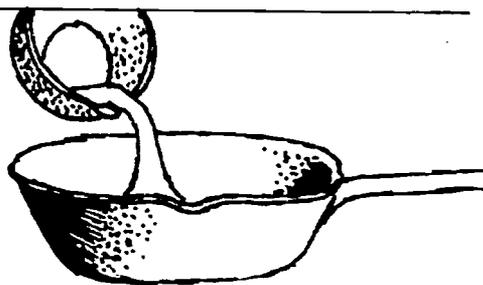
2 tazas de agua

(Café Negro Continuación)

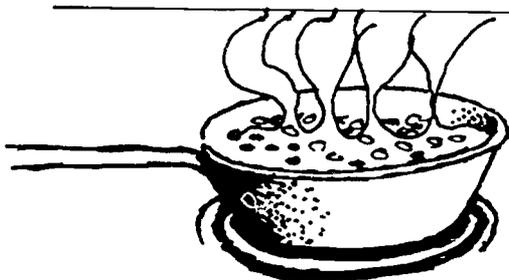
Sigue estos pasos



Mide 2 tazas de agua



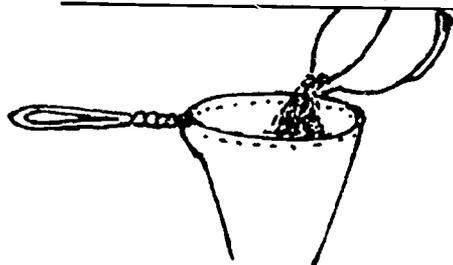
Echa el agua en la cacerola



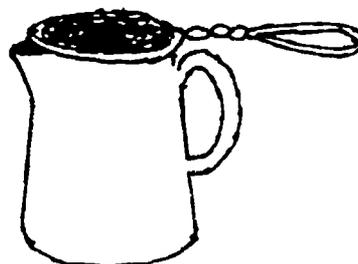
Hierve el agua



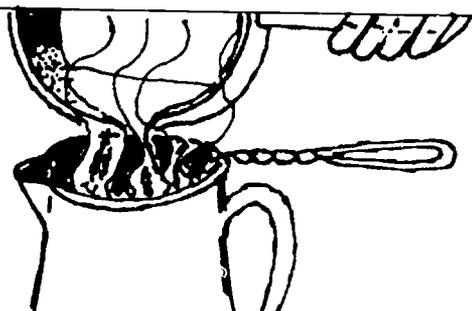
Mide 1/2 taza de café



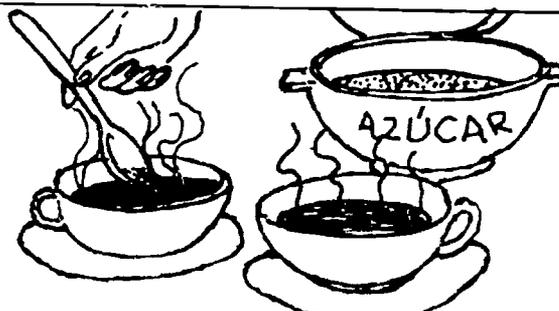
Echa el café en el colador



Coloca el colador en la cafetera



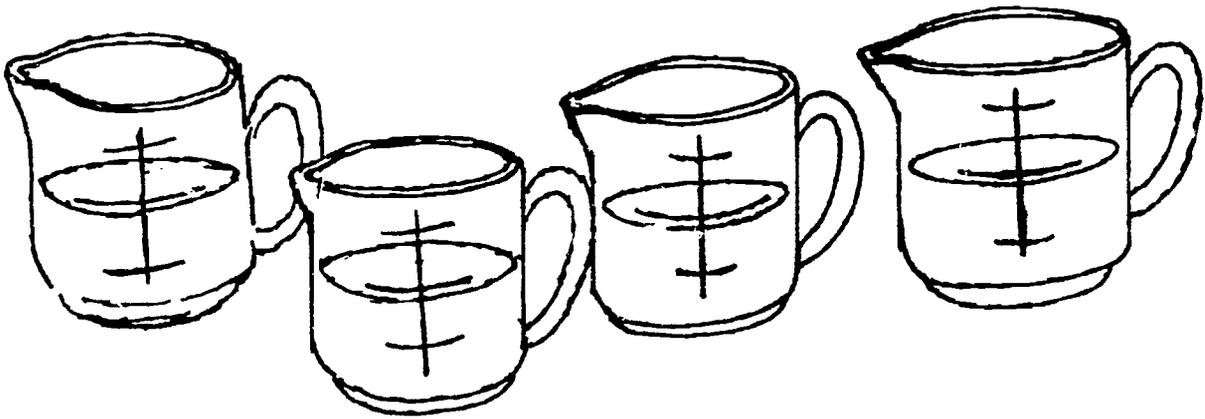
Echa el agua hirviendo



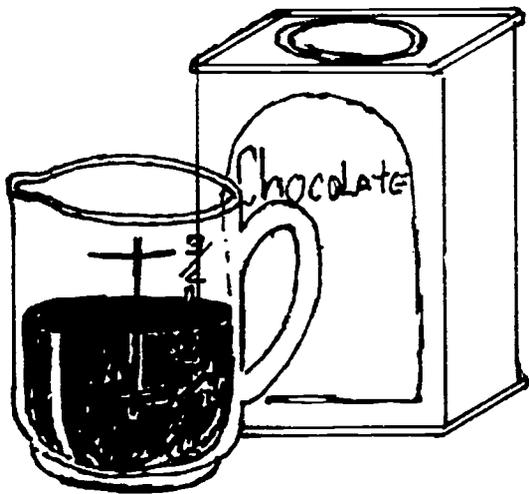
Sirve y sazona a gusto

LECHE CON CHOCOLATE

Necesitas:



4 tazas de leche fria



$\frac{3}{4}$ taza de chocolate en polvo



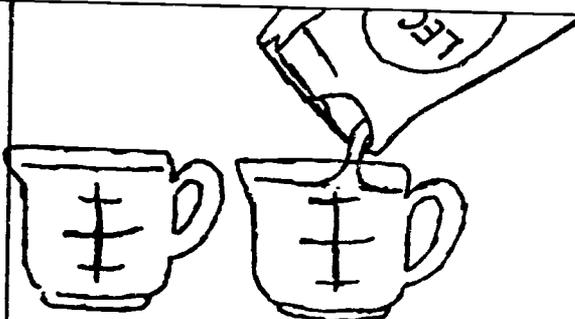
$\frac{1}{2}$ cucharadita de vainilla

(Leche con Chocolate continuación)

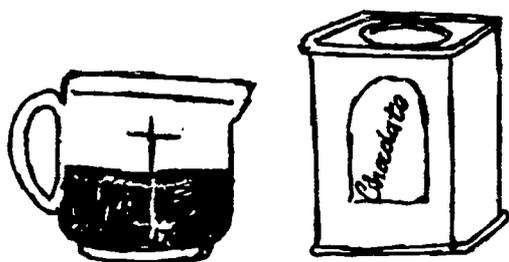
Sigue estos pasos



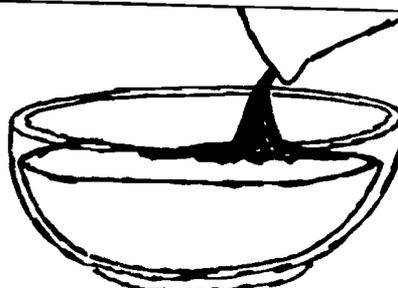
Mide la leche



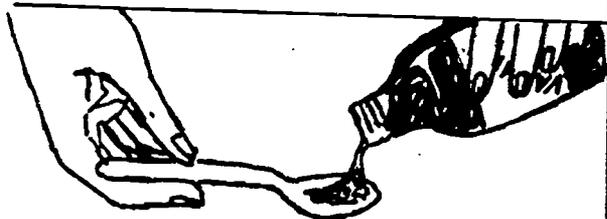
Echa las cuatro tazas de leche



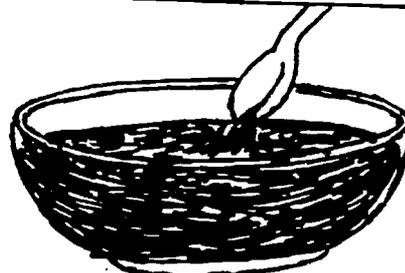
Mide $\frac{1}{2}$ taza de chocolate en polvo



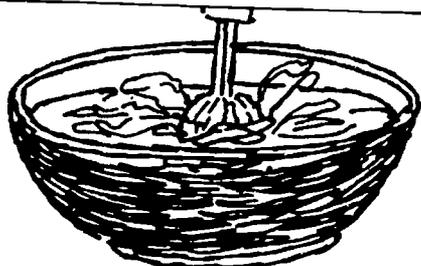
Añade el chocolate en polvo a la leche



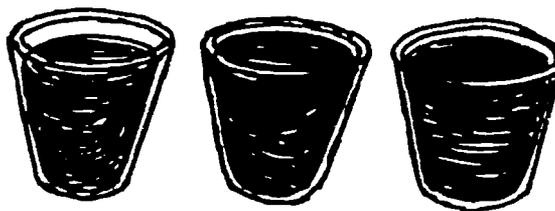
Mide la vainilla



Añade la vainilla a la leche



Bate la leche con el batidor de mano



Sirve en los vasos

PONCHE DE JUGO DE FRUTAS

Necesitas:



jugo de guayaba



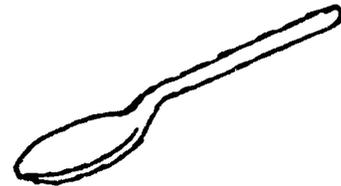
jugo de piña



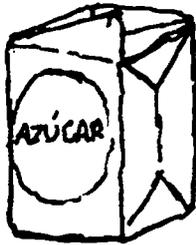
agua de soda (12 onzas)



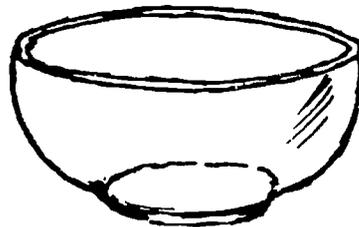
ensalada de frutas



cuchara



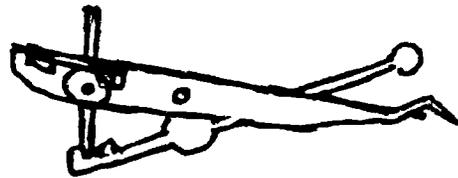
azúcar



envase



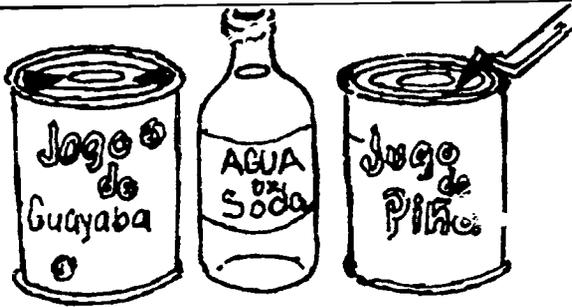
hielo en pedazos



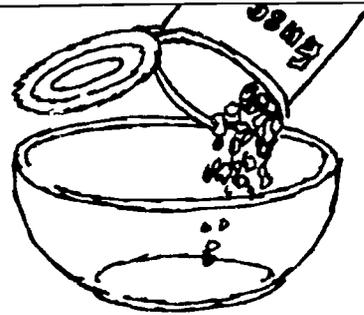
abridor de latas

(Ponche de Jugo de Frutas continuación)

Sigue estos pasos



abre los envases



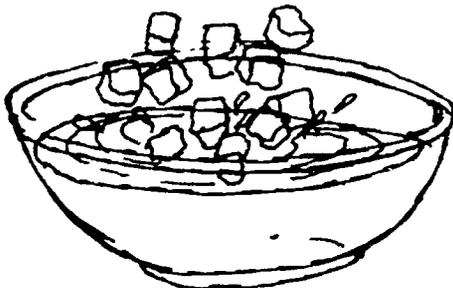
echa la ensalada de frutas



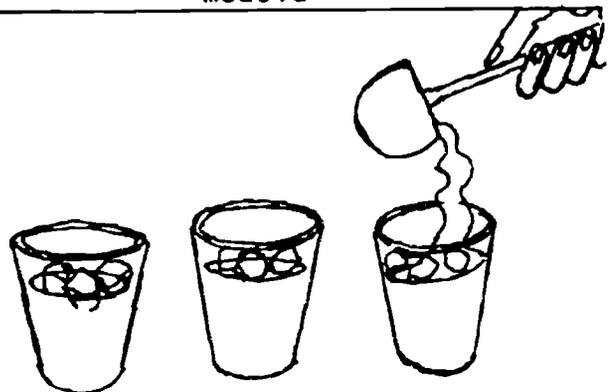
vierte los jugos



mezcla



añade el hielo



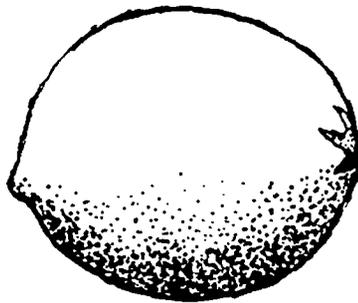
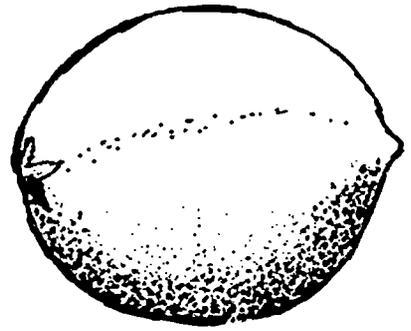
sirve en vasos

SABROSURA DE FRUTAS

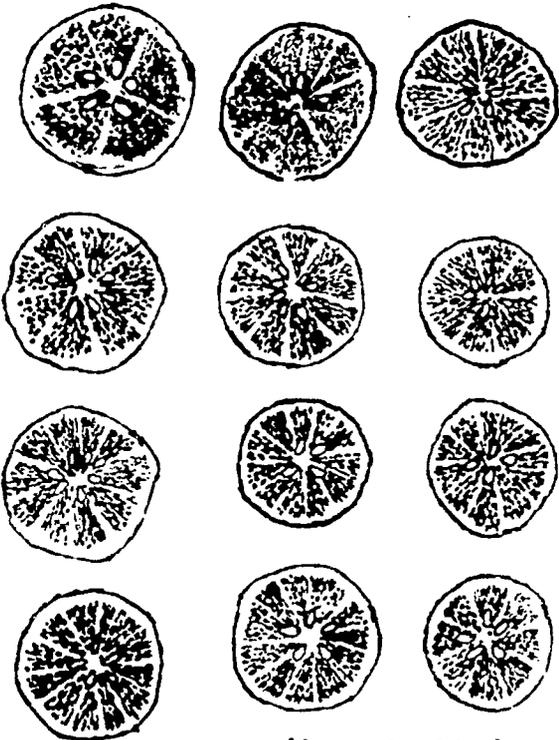
Necesitas:



- 3 taza jugo de uva
- 3 tazas jugo de china
- 3 tazas jugo de toronja

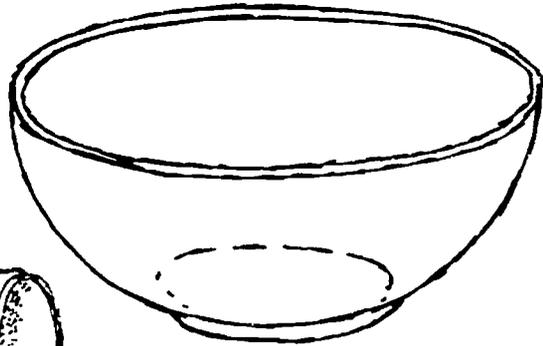


limones

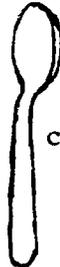


12 rueditas de limón

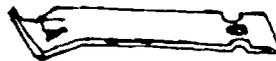
bulera



cucharón



cuchara



abridor

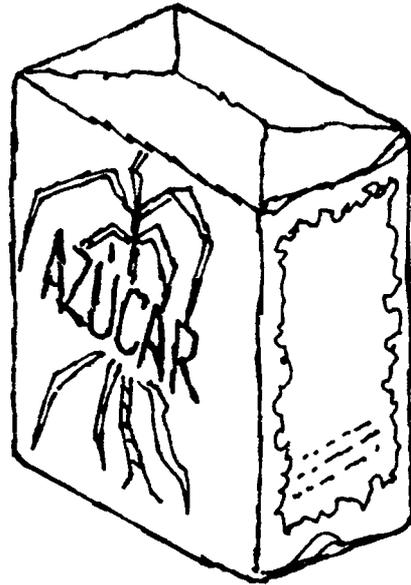
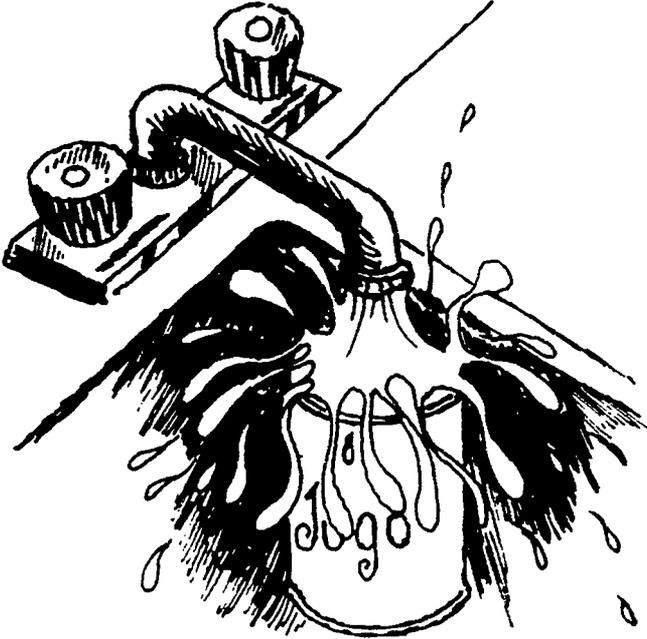


exprimidor de limones

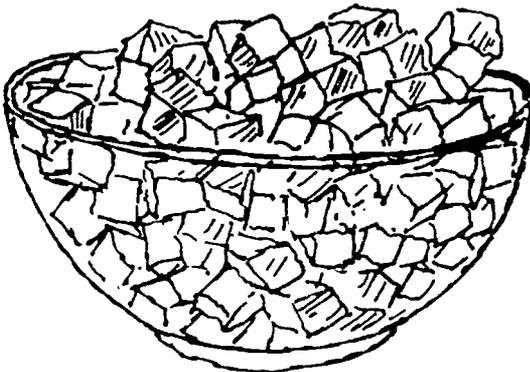
(Sabrosura de Frutas continuación)

Sigue estos pasos

Lava la superficie



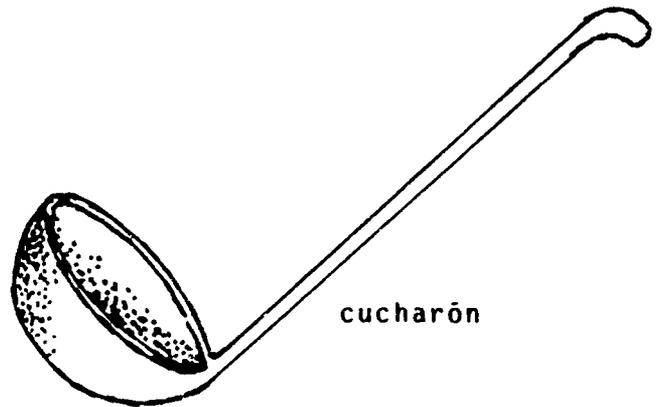
azúcar



hielo



cuchara

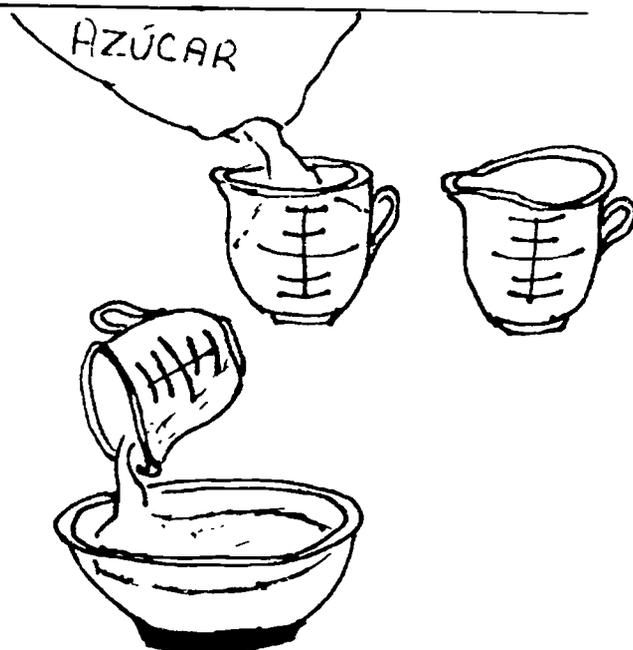


cucharón

Sigue estos pasos



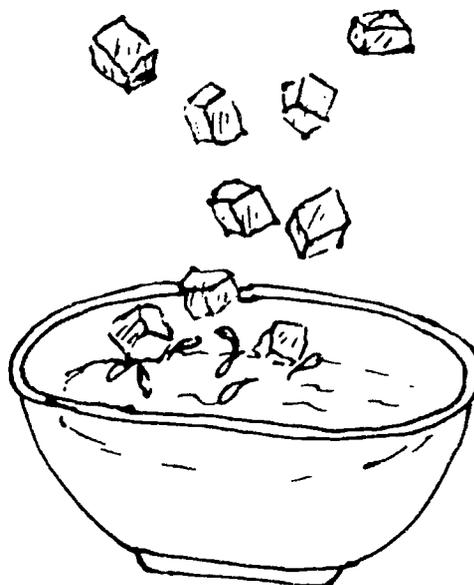
Echa el jugo de limón en la bulera



Vierte 2 tazas de azúcar



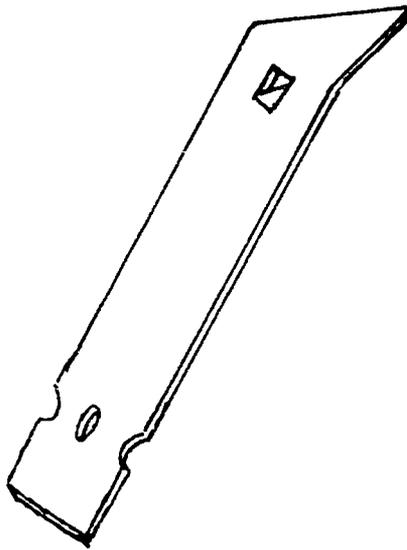
Mueve bien



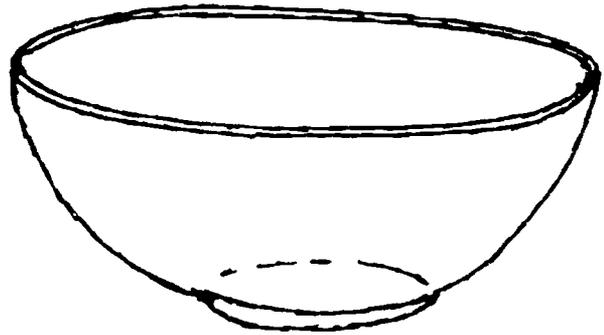
Añade el hielo

(Sabrosura de Frutas cont.)

Sigue estos pasos

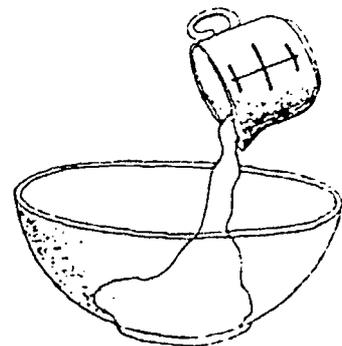
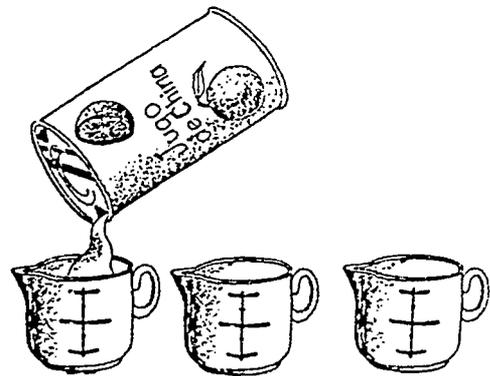


ABRIDOR



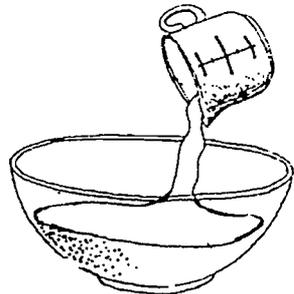
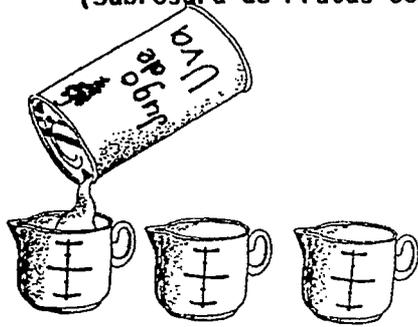
ENVASE

Apre las latas

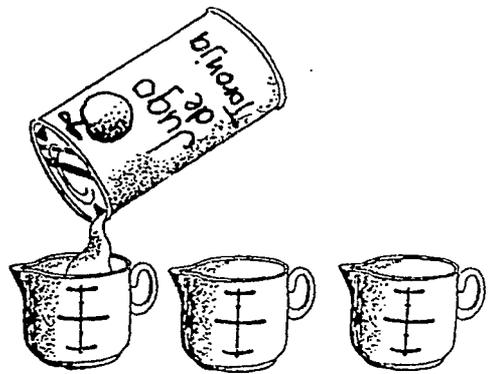


Mide 3 tazas de jugo china

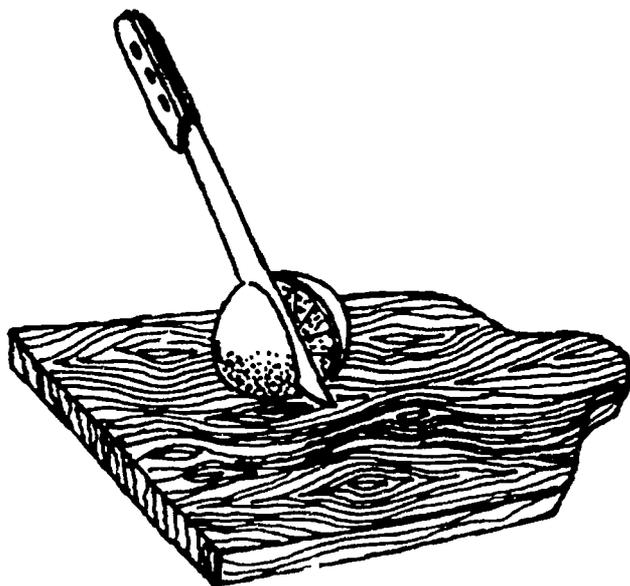
(Sabrosura de Frutas cont.)



Mide 3 tazas de jugo uva
Echa en la bulera



Mide 3 tazas de jugo toronja
Echa en la bulera

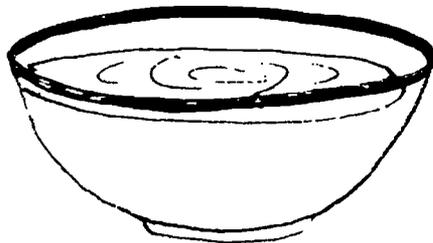
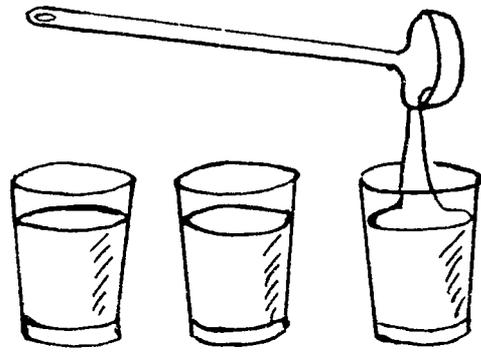


Pica los limones

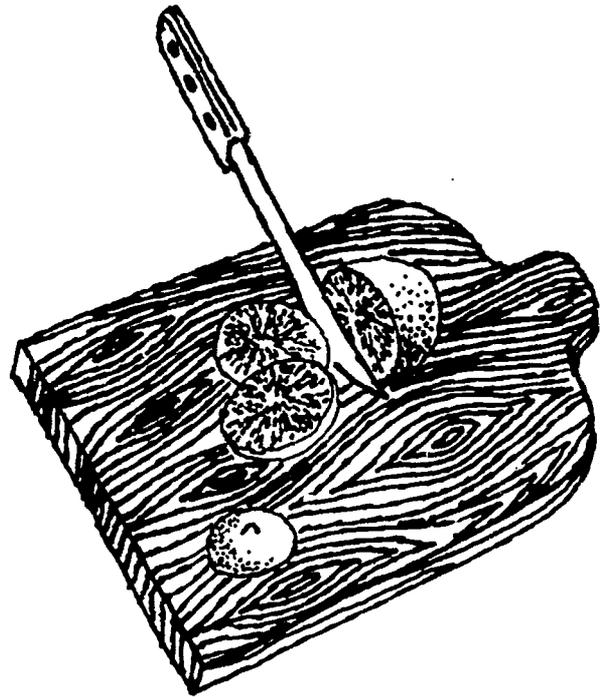


Exprime los limones

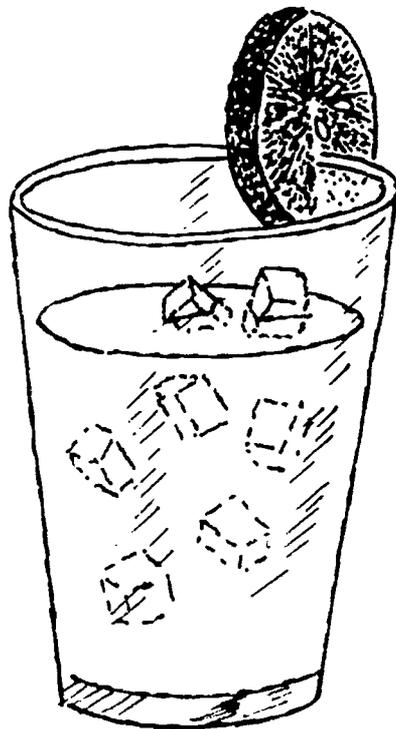
(Sabrosura de Frutas cont.)



Sirve en los vasos



Corta rueditas de limón

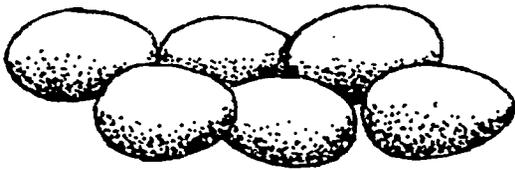


Adorna los vasos

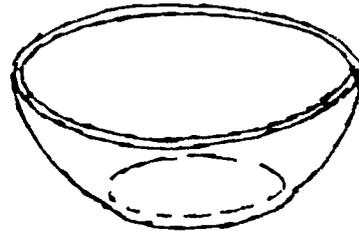
HUEVOS

REVOLTILLO DE HUEVOS

Necesitas:



6 huevos



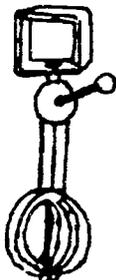
envase



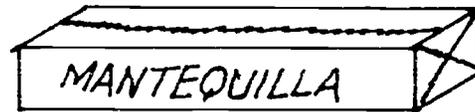
sal



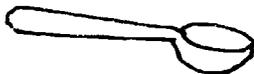
leche



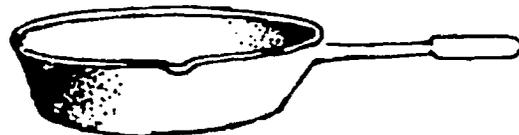
batidora



1 barra de mantequilla



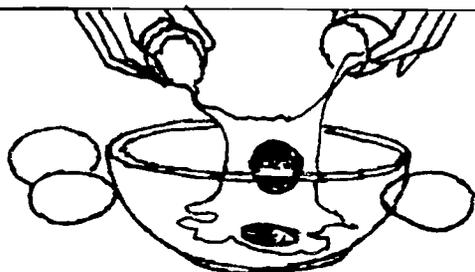
cucharita



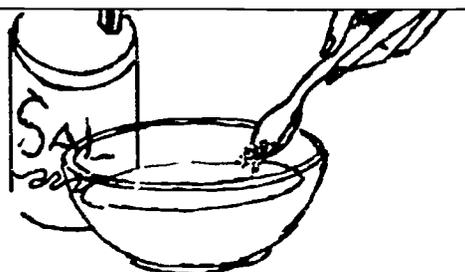
sartén

Revoltillo de huevos continuación

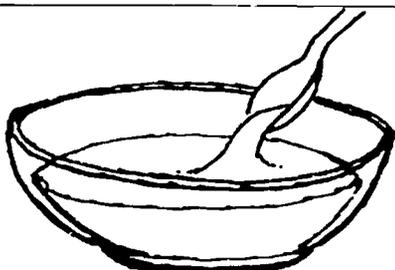
Sigue estos pasos



Echa los huevos en un envase



Añade un cuarto cucharadita de sal



Derrite y mide dos cucharadas de mantequilla



Bate



Engrasa una sartén con mantequilla

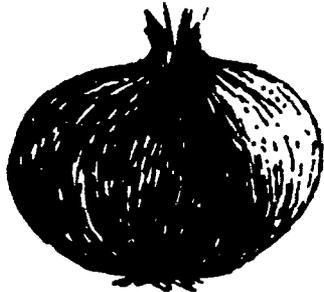


Vierte la mezcla y cocina a fuego moderado



TORTILLA SENCILLA

Necesitas:



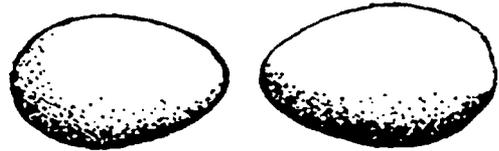
cebolla



aceite



sal



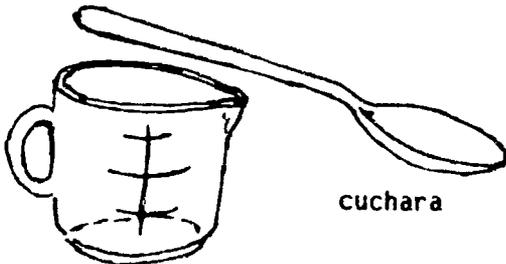
huevos



guisantes y zanahorias

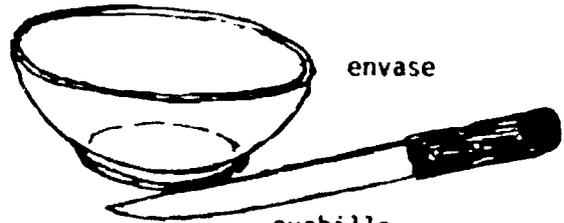


sartén



cuchara

taza de medir

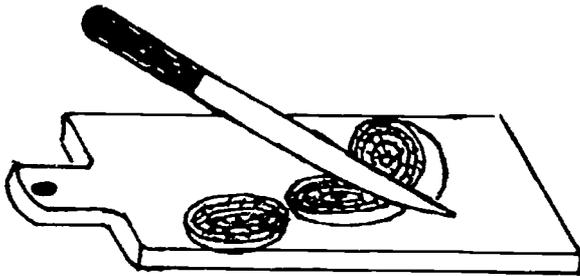


envase

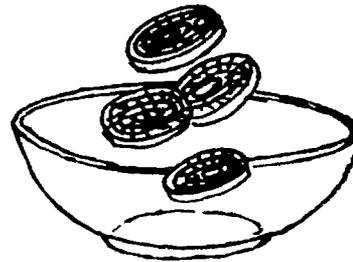
cuchillo

(Tortilla Sencilla continuación)

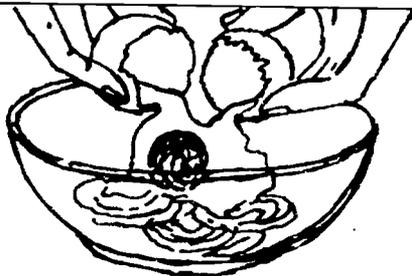
Sigue estos pasos



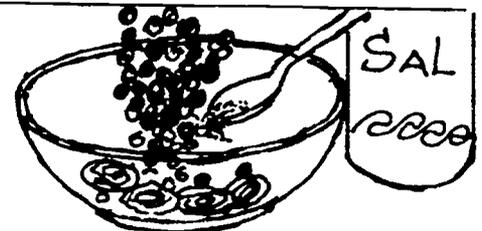
Pica la cebolla en pedazos



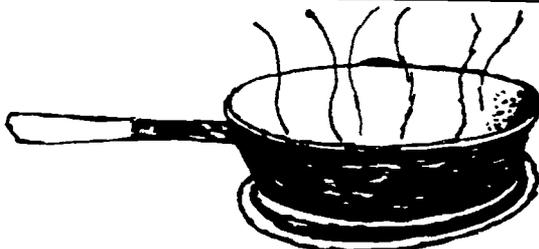
Vierte en un envase



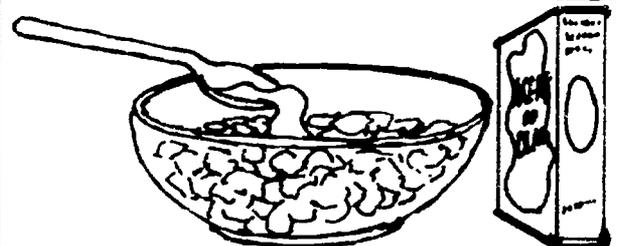
Añade los huevos



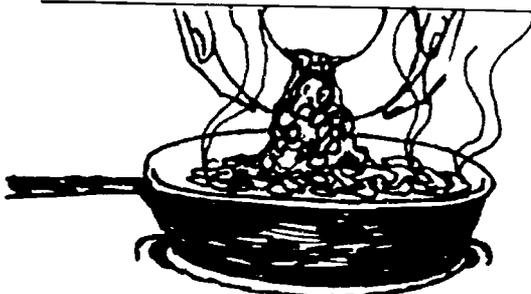
Añade los guisantes y zanahorias
y añade una cucharadita de sal



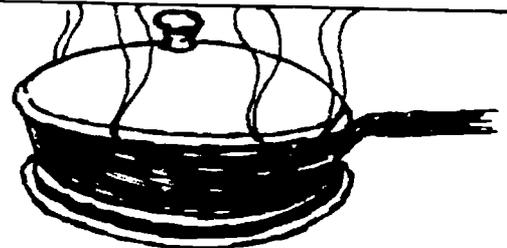
Pon la sartén al fuego



Añade una cucharadita de
aceite



Vierte en la sartén



Cocina tapado por 10 minutos a
temperatura moderada

LECHE Y PRODUCTOS LACTEOS
(DERIVADOS DE LA LECHE)

ARROZ CON QUESO

Necesitas:



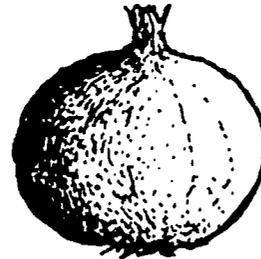
Arroz de grano largo



Consomé o caldo de pollo



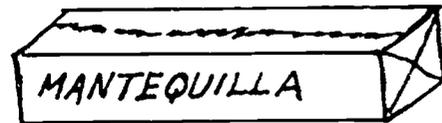
Queso parmesano



Cebolla



Orégano



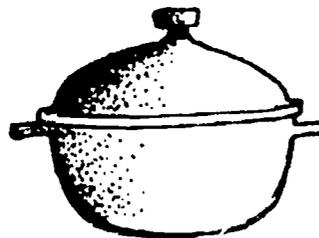
Mantequilla



Salsa de
Tomate



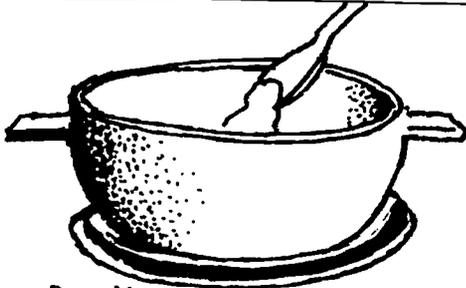
Sal



Caldero

(Arroz con Queso continuación)

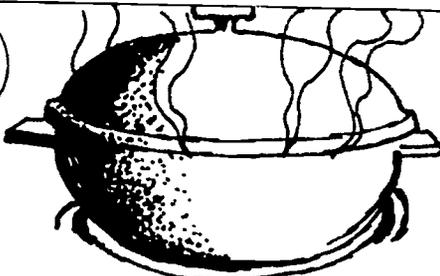
Sigue estos pasos



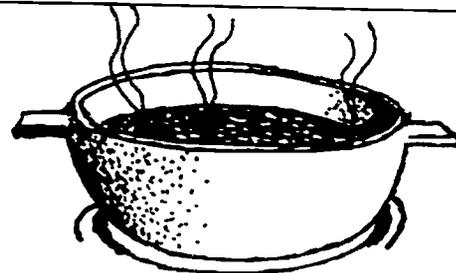
Derrite seis cucharadas de mantequilla en un caldero



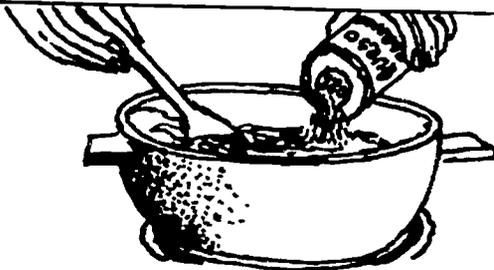
Añade tres tazas de arroz



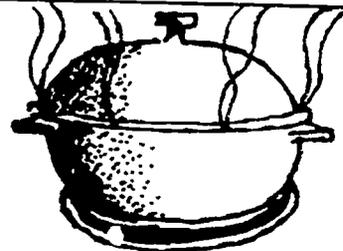
Deja hervir a fuego medianamente alto (medium-high)



Baja el fuego y deja secar



Añade el queso poco a poco y mezcla



Cocina tapado por 20 minutos a temperatura moderada (medium)



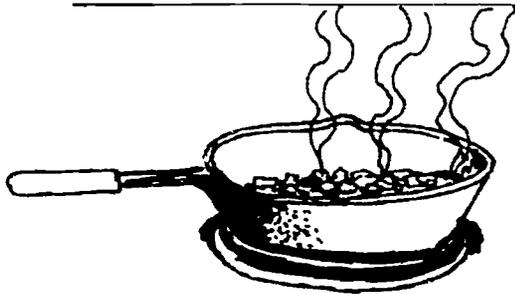
En un sartén echa la cebolla picada



Añade $\frac{1}{2}$ taza de salsa de tomate

(Arroz con Queso continuación)

Sigue esto pasos



Sofríe por cinco minutos



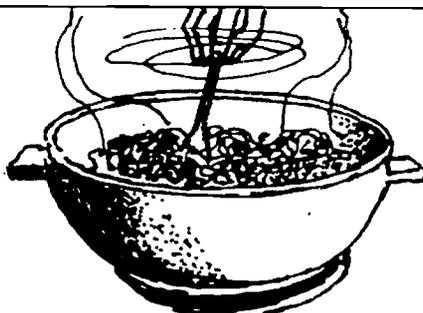
y vierte al arroz



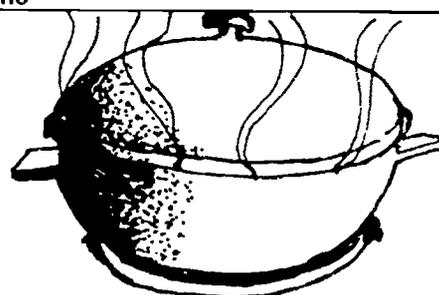
Añade el caldo o consomé de pollo



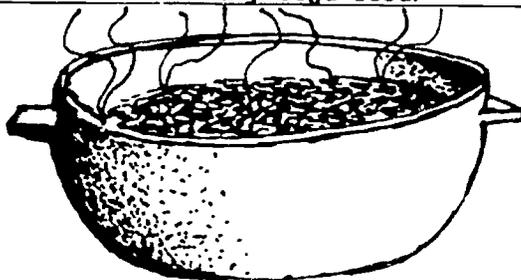
Añade dos cucharaditas de sal y una de oregano



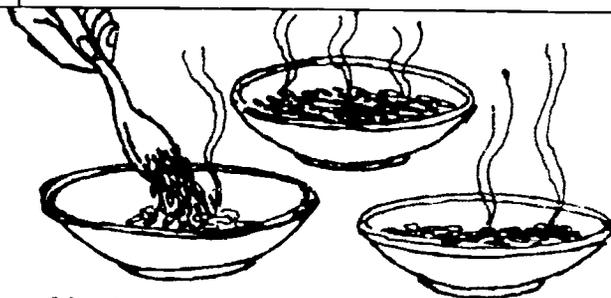
Mezcla y deja secar



Cocina tapado por 5 minutos



Sirve caliente

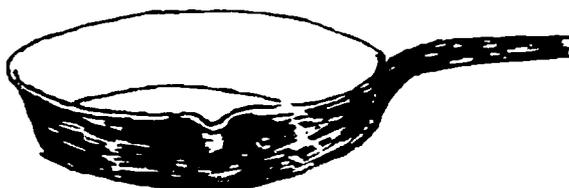


MACARRONES CON QUESO

Necesitas:



Macarrones



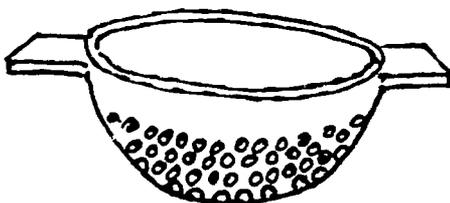
Sartén



Queso Rallado



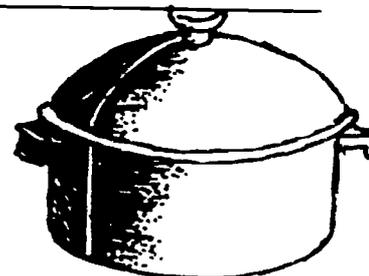
Sal



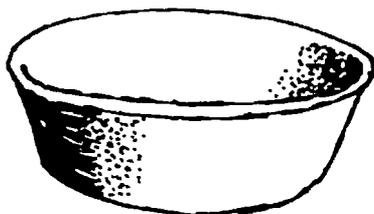
Escurreidor



aceite



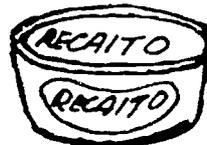
olla



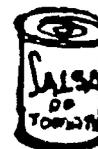
Envase



agua



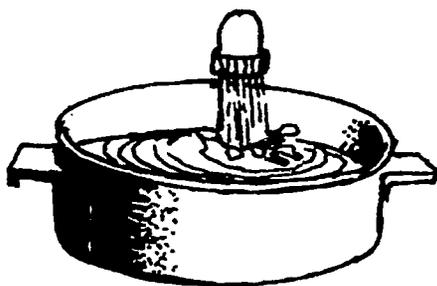
Recaito
Preparado



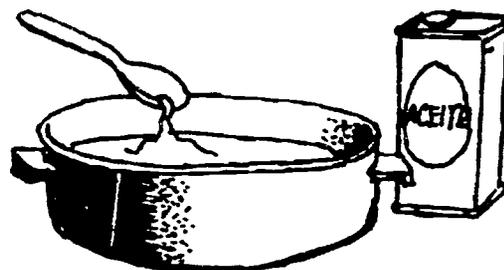
Salsa

(Macarrones con Queso continuación)

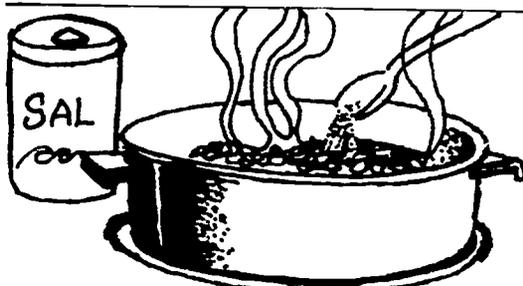
Sigue estos pasos



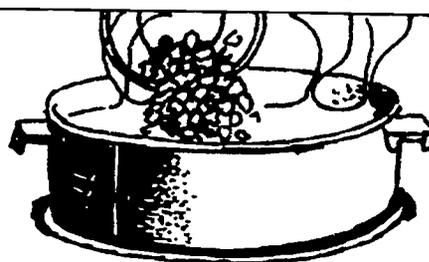
Llena con agua hasta la mitad.



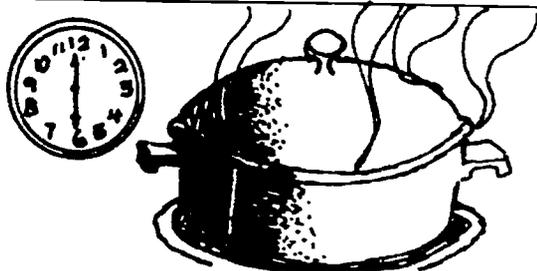
Añada una cucharada de aceite.



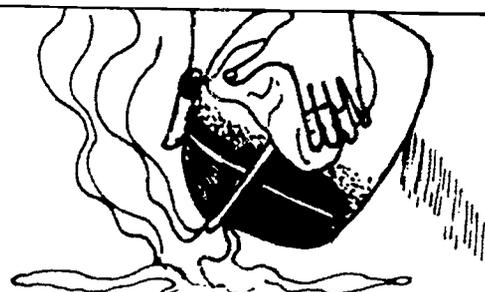
Añade dos cucharaditas de sal y deje hervir.



Echa dos tazas de macarrones.



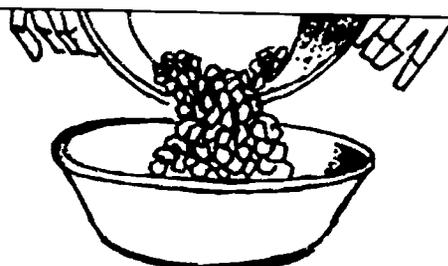
Hierva por media hora.



Escurre



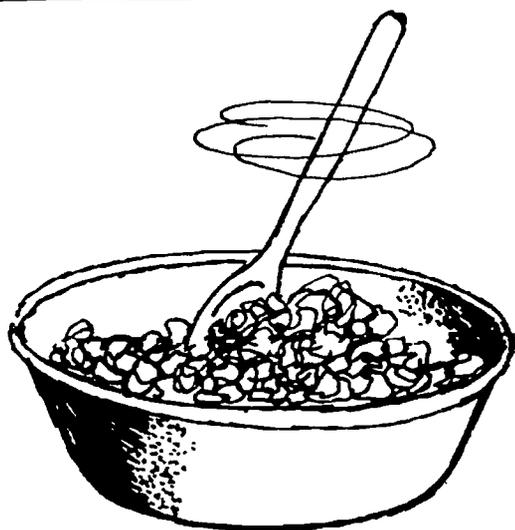
Echa una cucharada de recaito y tres de salsa.



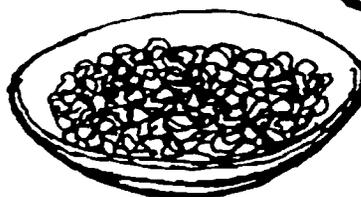
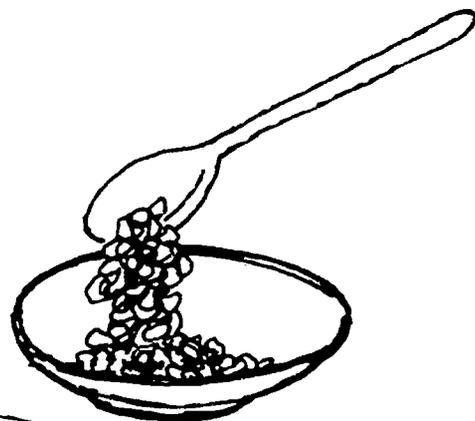
Vierte en un envase los macarrones y la salsa del sofrito.

(Macarrones de Queso cont.)

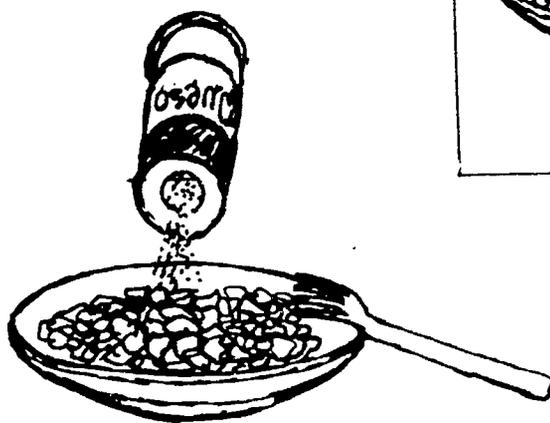
Sigue estos pasos



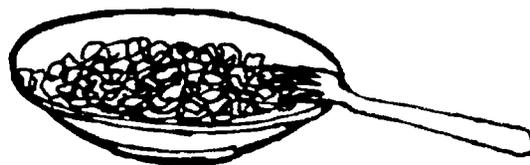
Mezcla



Sirva



Riega el queso rallado por encima.



SURULLITOS DE HARINA DE MAIZ CON QUESO

Necesitas:



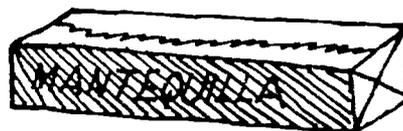
Harina de maíz



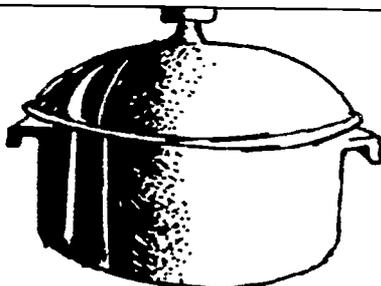
Sal



Sartén



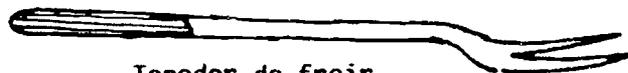
Mantequilla



Olla



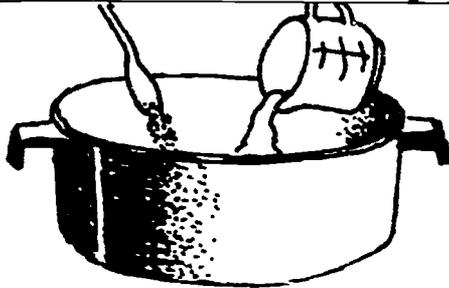
Agua



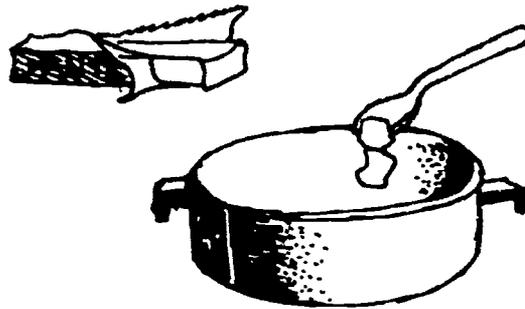
Tenedor de freir

(Surullitos de Harina de maíz con queso Continuación)

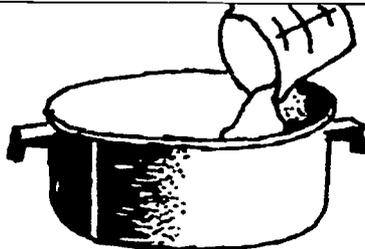
Sigue estos pasos



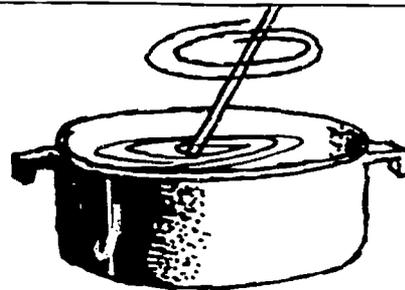
Calienta una y cuarta taza de agua con una cucharadita de sal



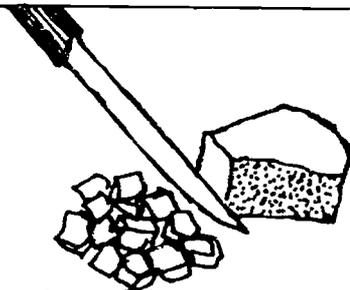
Añade 3 cucharaditas de mantequilla



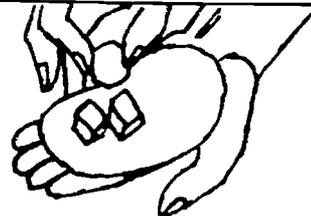
Añade una y cuarta taza de harina de maíz



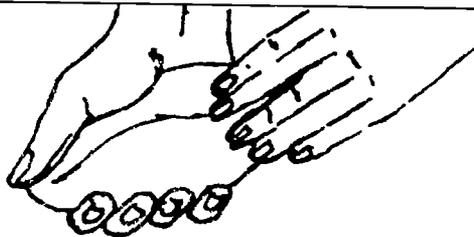
Mezcla



Corta el queso en pedazos pequeños



Coloca una cucharadita de mezcla en la palma de la mano, coloque el queso en el centro



Forme los surullitos



Fríe a fuego moderado en un sartén, volteándolos con frecuencia

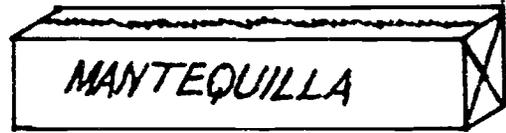
**OTRAS RECETAS
POSTRES - DULCES**

AZUCARADO DE CHOCOLATE

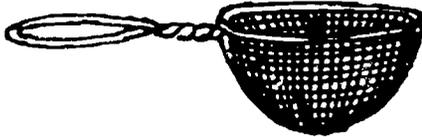
Necesitas:



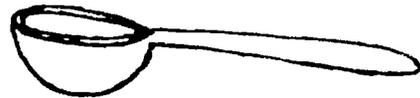
Azúcar Pulverizada



Margarina



Cernidor



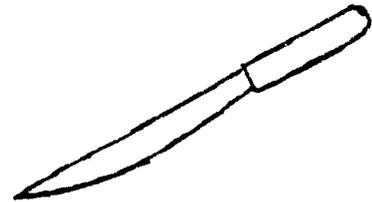
Cuchara de medir



cocoa sin azúcar



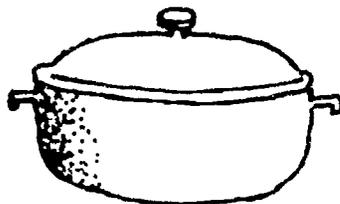
envase



cuchillo



leche



olla



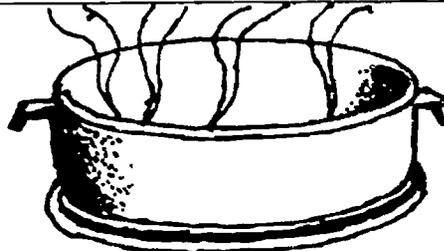
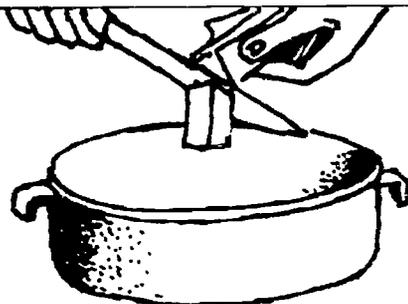
taza



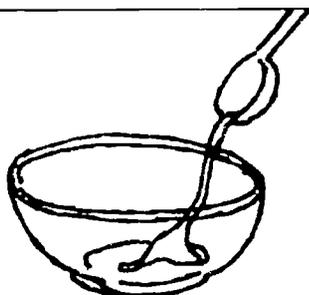
cuchara

(Azucarado de Chocolate continuación)

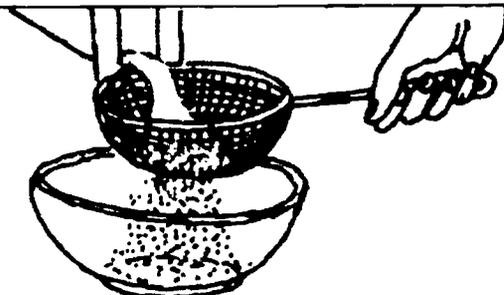
Sigue estos pasos



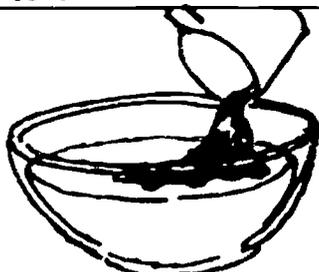
Corta un pedazo de margarina. Coloca en una olla. Coloca en la estufa a temperatura moderada hasta derretir.



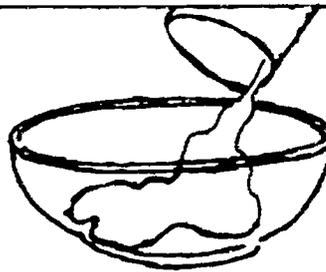
Mide dos cucharadas de margarina. Vierte en un envase



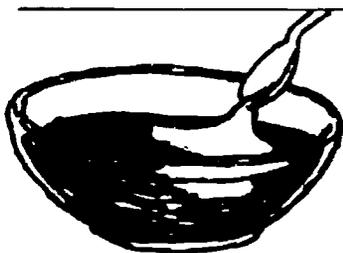
Cierne el azúcar



Añade una cuarta taza de cocoa sin azúcar.



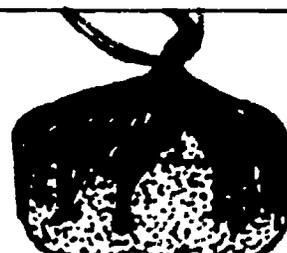
Añade el azúcar a la margarina derretida.



Añade dos cucharadas de leche.



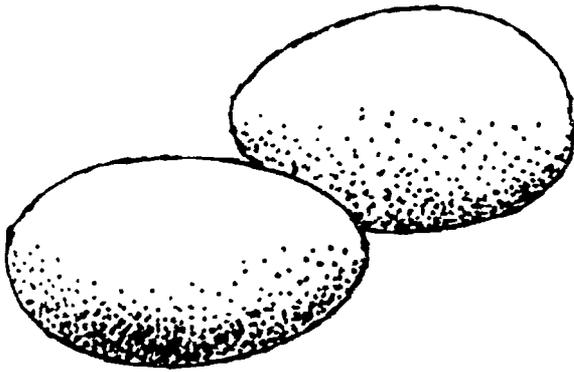
Mezcla



Cubre un bizcocho con la mezcla

AZUCARADO DE VAINILLA

Necesitas:



Huevos



Vainilla



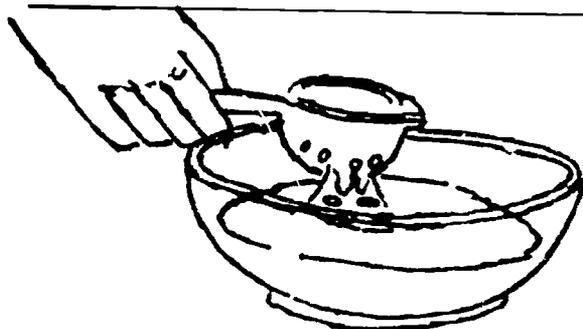
1 caja de azúcar pulverizada



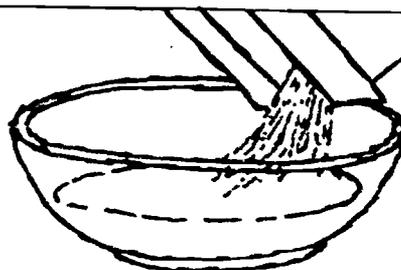
Syrup (almíbar) sin color

(Azucarado de vainilla continuación)

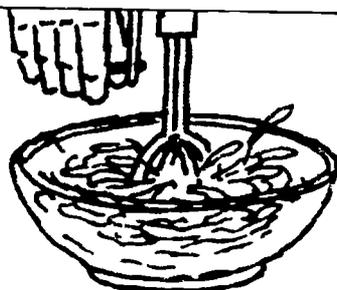
Sigue estos pasos



Separa las claras de las yemas



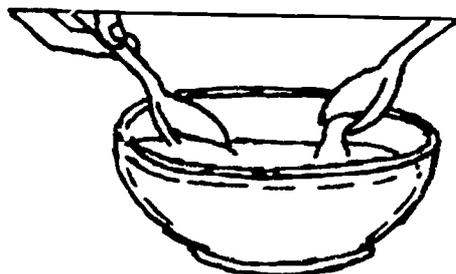
Añade a las claras el azúcar poco a poco



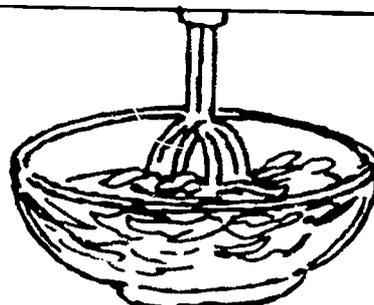
Mezcla bien



Añade media taza de syrup



Añade dos cucharadas de vainilla



Bate hasta unir



Vierte sobre un bizcocho con esta mezcla

BIZCOCHO DE CHOCOLATE

Necesitas:



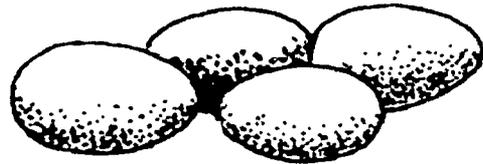
Harina



Polvo de hornear



Aceite



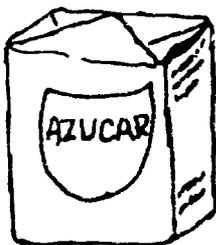
4 Huevos



Sal



Chocolate líquido



Azúcar



Manteca

(Bizcocho de Chocolate continuación)

Sigue estos pasos



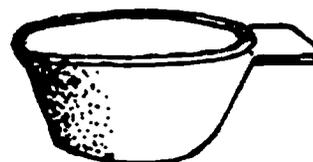
Molde para bizcocho



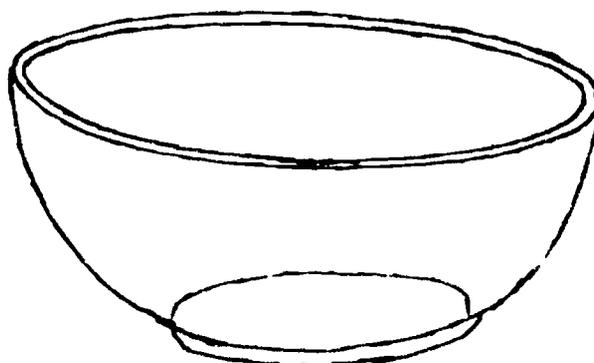
Cuchara de medir



Cuchara



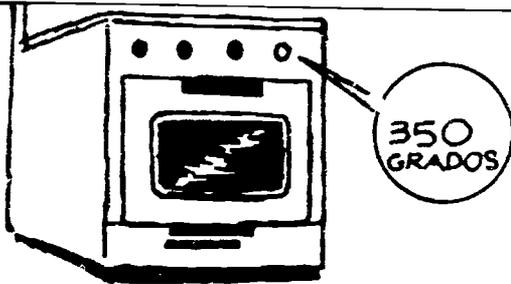
Taza



Envase

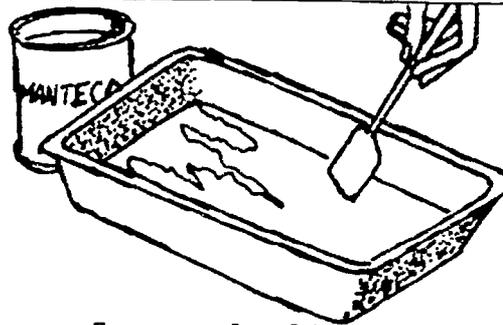
(Bizcocho de Chocolate continuación)

Sigue estos pasos



350
GRADOS

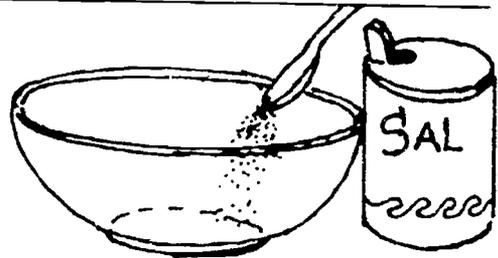
Enciende el horno a 350 grados



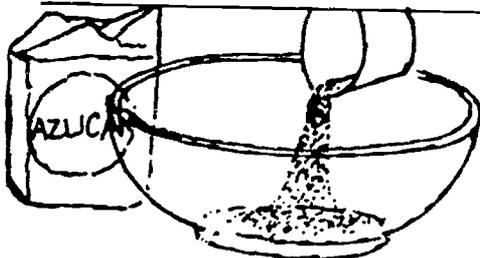
Engrasa el molde



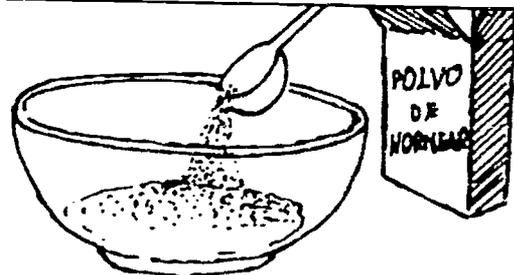
En un envase y mezcla



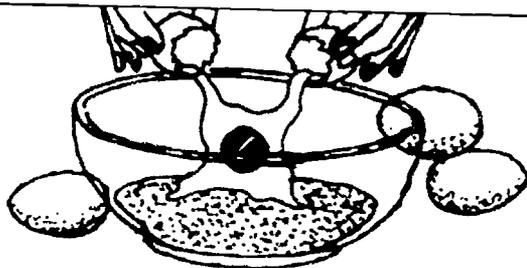
Media cucharadita de sal



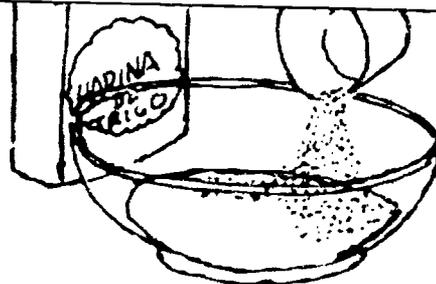
Una y cuarta taza de azúcar



Echa dos cucharaditas de polvo de hornear



Cuatro (4) huevos



Dos tazas de harina

(Bizcocho de Chocolate continuación)

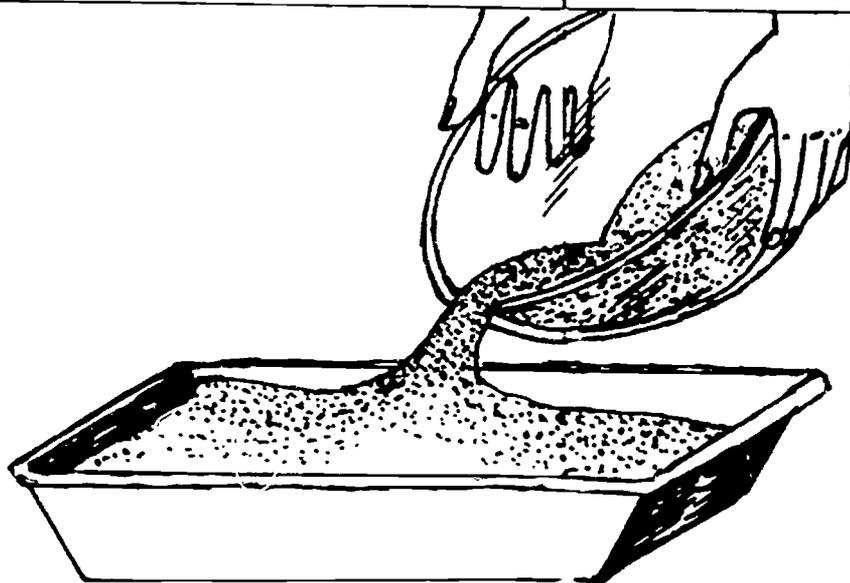
Sigue estos pasos



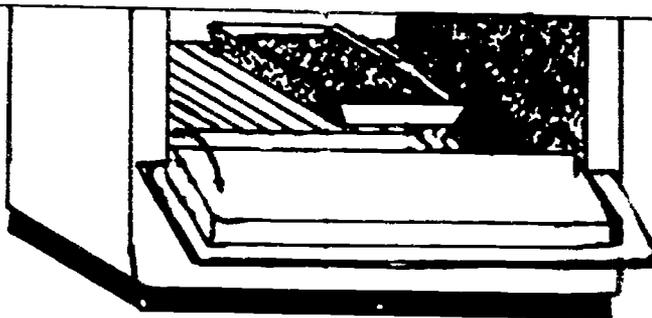
Dos cucharadas de chocolate líquido



Media taza de aceite



Vierte en el molde engrasado

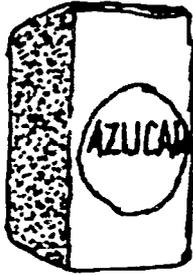


350
GRADOS

Coloca en el horno por 350 grados

BIZCOCHO ENROLLADO

Necesitas:



Azúcar



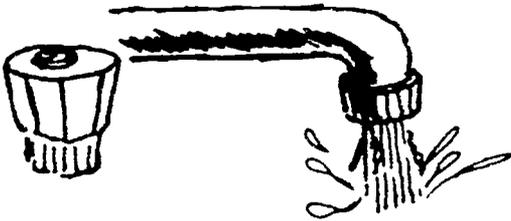
Sal



Harina Preparada



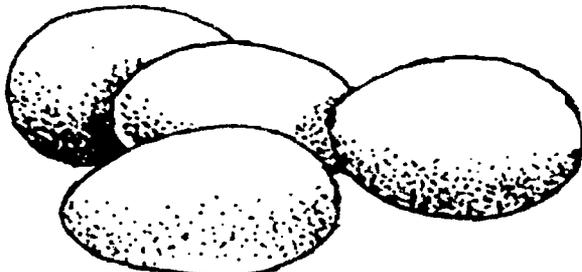
Jalea



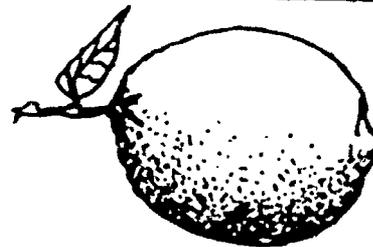
Agua



Espátula



Huevos



Limón

(Bizcocho Enrollado continuación)

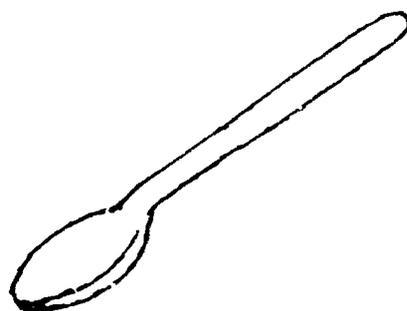
Sigue estos pasos



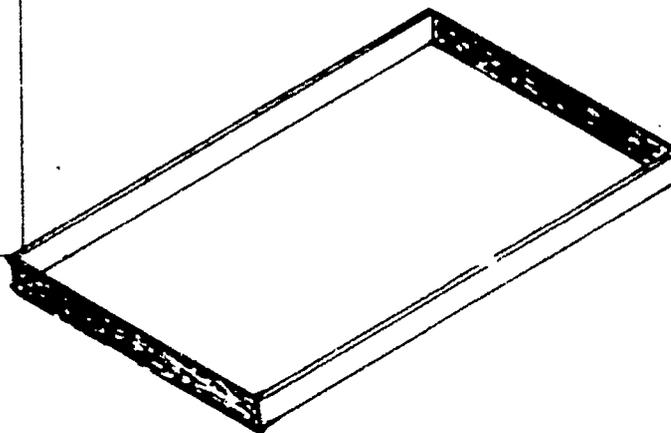
Envase pequeño



Envase grande



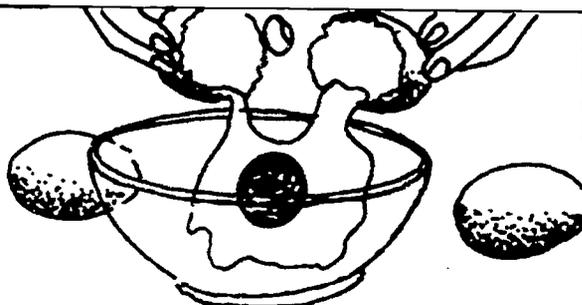
Cuchara



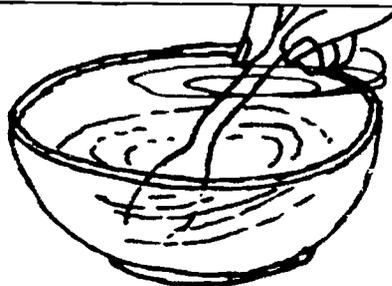
Molde para bizcocho enrollado

(Bizcocho Enrollado continuación)

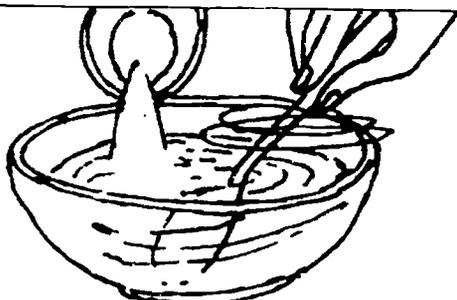
Sigue estos pasos



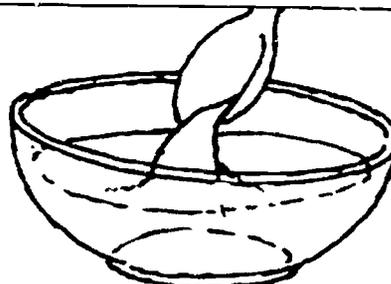
En un envase echa los 4 huevos



Bate los huevos



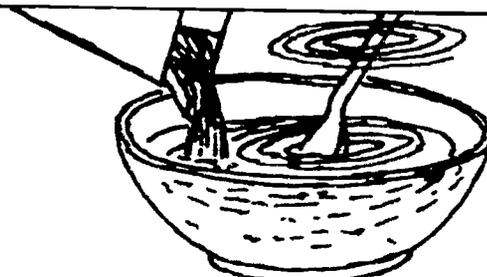
Añade 1 taza de azúcar poco a poco



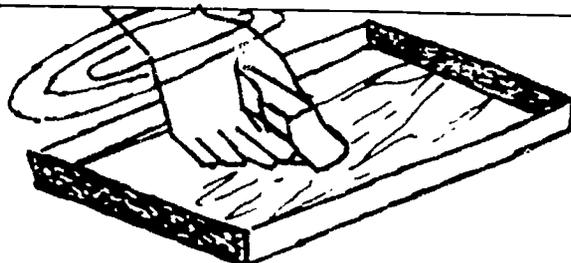
Añade 3 cucharadas de agua.



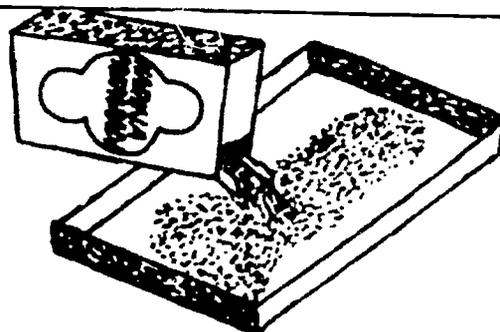
Añade una cucharada de limón



Añade una taza de harina y mezcle hacia una sola dirección



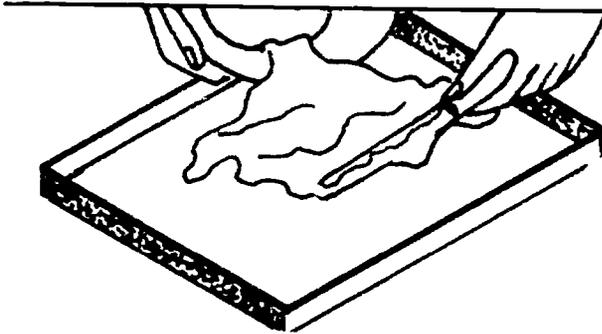
Engrasa el molde



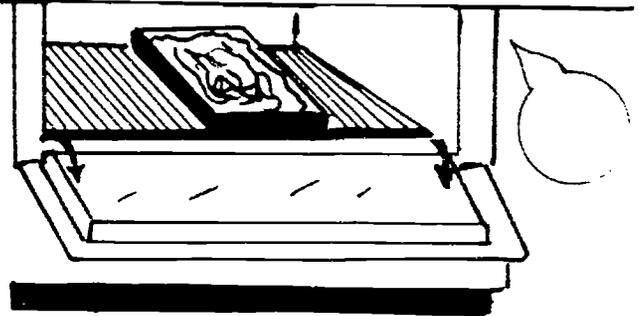
Riega la harina en el molde

(Bizcocho Enrollado continuación)

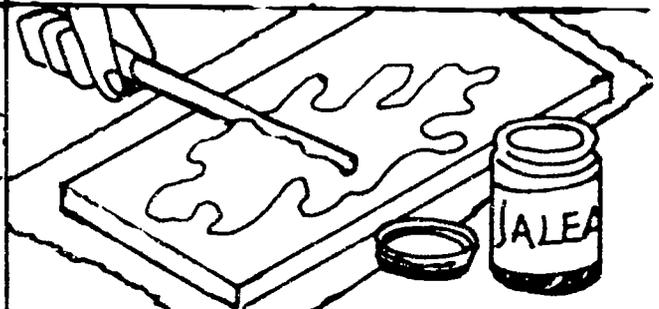
Sigue estos pasos



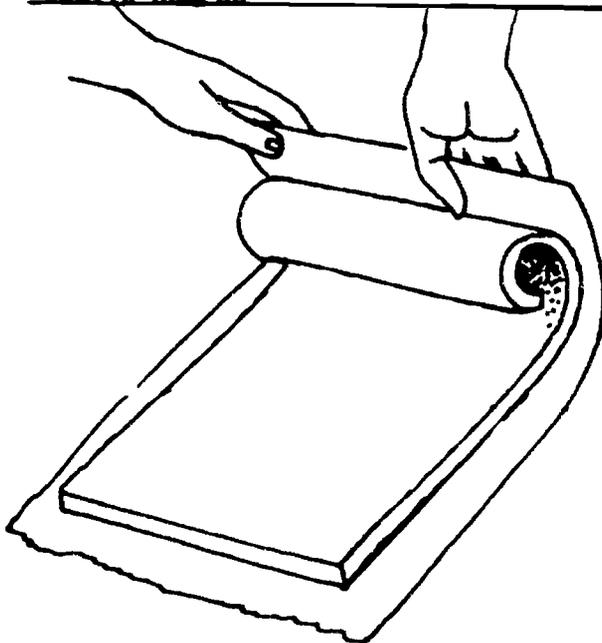
Vierte la mezcla en el molde y extiende con espátula



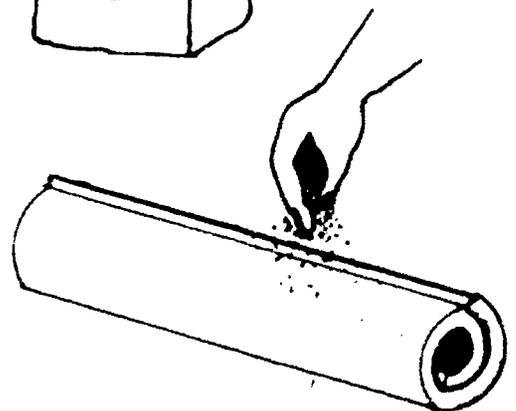
Vierte sobre una superficie un papel o toalla húmeda



Coloca jalea o mermelada sobre el bizcocho



Enrolla usando el papel o toalla



BIZCOCHO SENCILLO

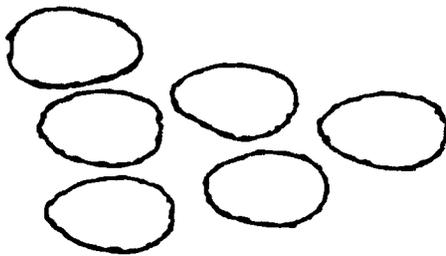
Necesitas:



Harina de trigo preparada



Leche



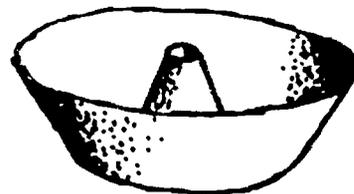
6 huevos



4 barras de mantequilla



Azúcar



Molde de bizcocho



Vainilla

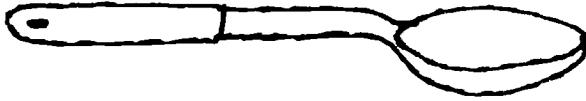


cuchara de medir

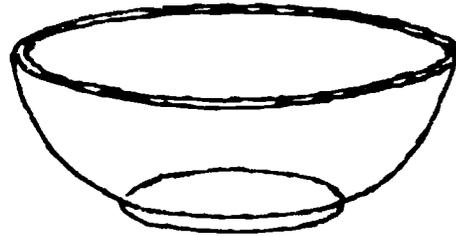
Separador de huevos

(Bizcocho Sencillo Continuación)

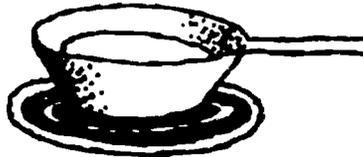
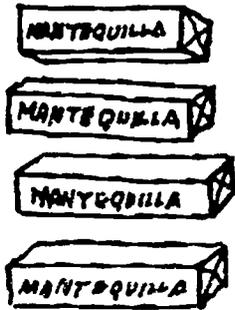
Sigue estos pasos



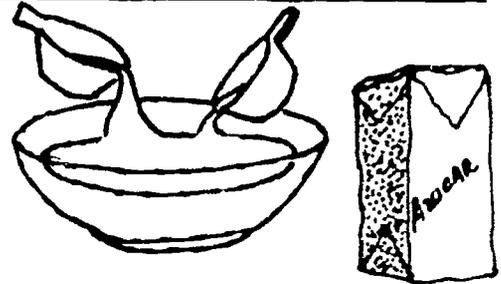
cuchara



envase



Ablanda 4 barras de mantequilla



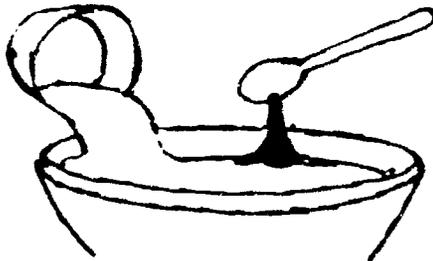
Añade una y media (1½) taza de azúcar



Separa las yemas de las claras



Cierna la harina

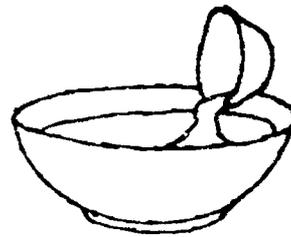


Añade las yemas a la mezcla y una cucharadita de vainilla

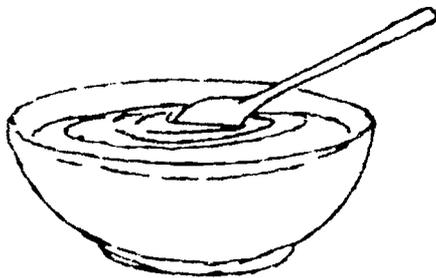
(Bizcocho sencillo continuación)



Añade a la mezcla $2\frac{1}{2}$ taza de harina y media taza de leche poco a poco.



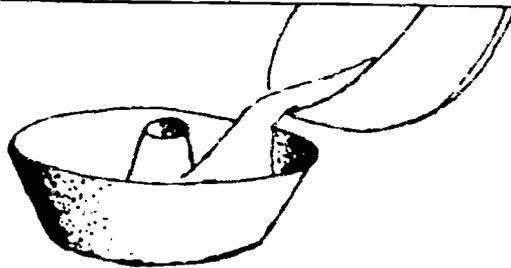
Baja las claras y añádala a la mezcla



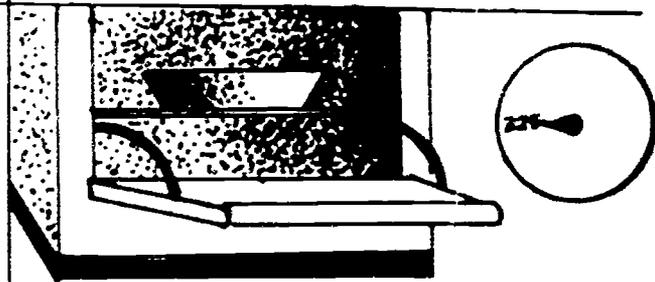
Mezcla



Prepara un molde engrasado con mantequilla



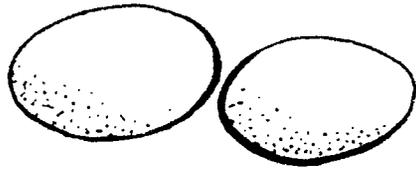
Vierte en el molde



Hornear a 325 grados por una hora

GALLETAS DULCES

Necesitas:



2 huevos



Envase pequeño



Harina preparada



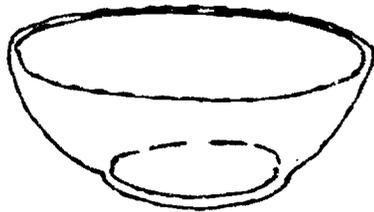
Aceite



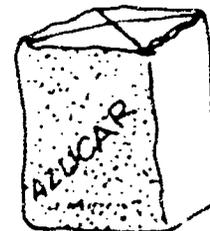
Cuchara de medir



Vainilla



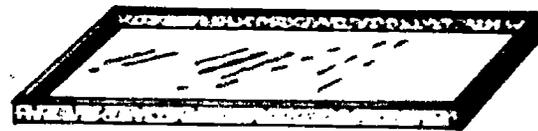
Envase grande



Azúcar

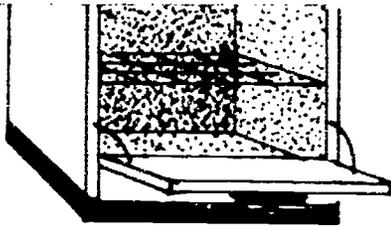
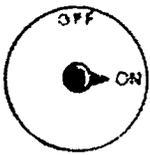


Taza de medir

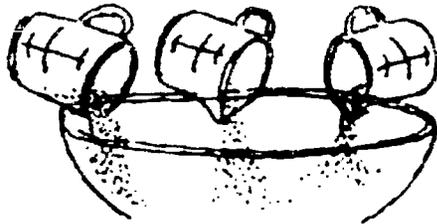


Molde para galletas

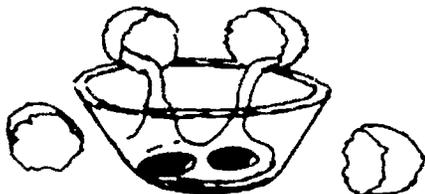
Sigue estos pasos



Enciende el horno



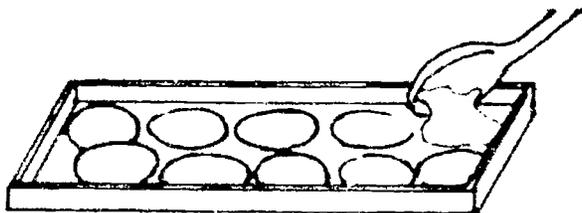
Dos y media taza de harina preparada



Vierte dos huevos en un envase



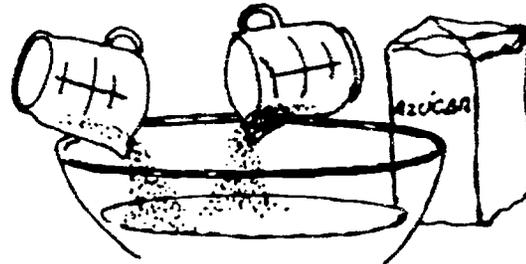
Media taza de aceite



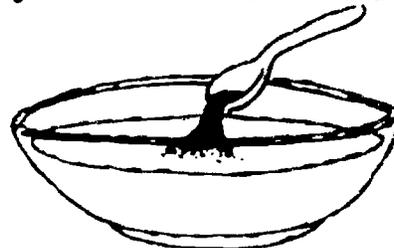
Coloca por cucharadas en un molde de galletas



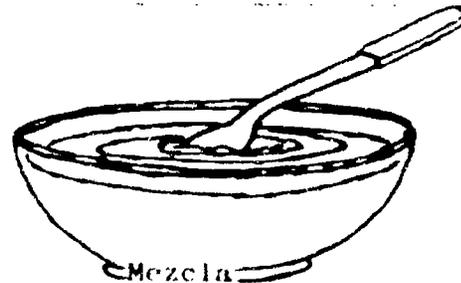
En un envase mezcla



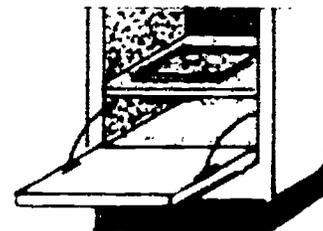
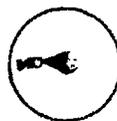
Una y media taza de azúcar



Una cucharadita de vainilla



Mezcla



Hornea por ocho minutos a 350 grados

Gelatina de Fresa

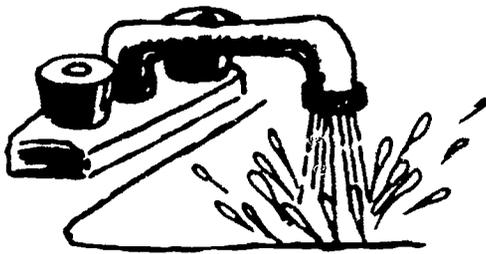
Necesitas:



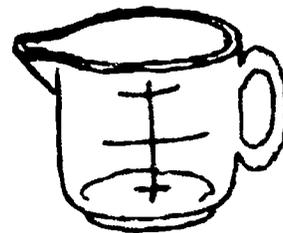
Gelatina de fresa



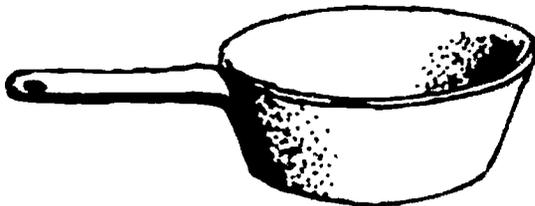
Azúcar



Agua



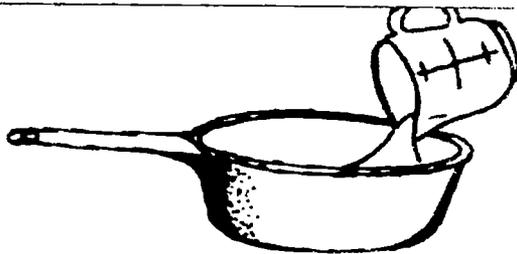
Taza de medir



Cacerola

(Gelatina de Fresa continuación)

Sigue estos pasos



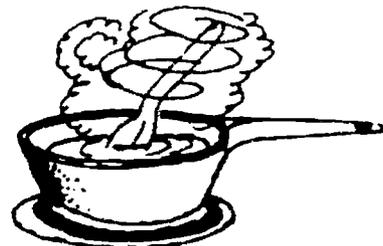
Vierte el agua



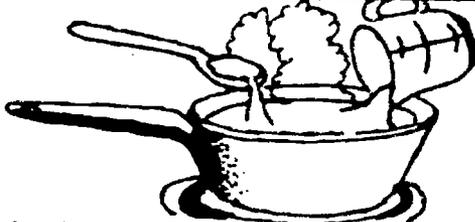
Calienta el agua



Vierte la gelatina



Mueve y mezcla



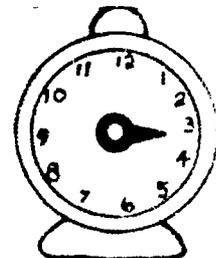
Añada 1 taza de agua y dos cucharadas de azúcar



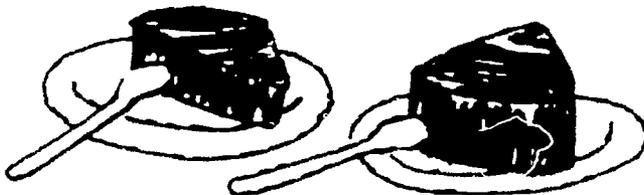
Mueve y mezcla



Vierte en un envase



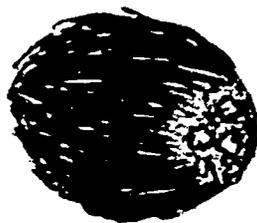
Coloca en la nevera por 3 horas



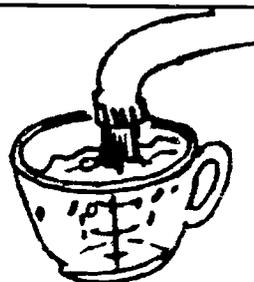
Sirve

TEMBLEQUE

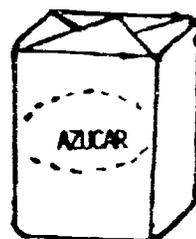
Necesitas:



Dos cocos medianos



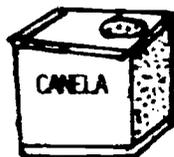
agua



azúcar



maizena



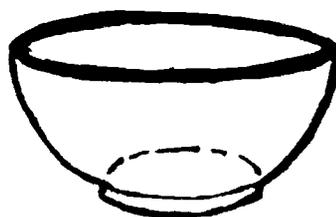
canela



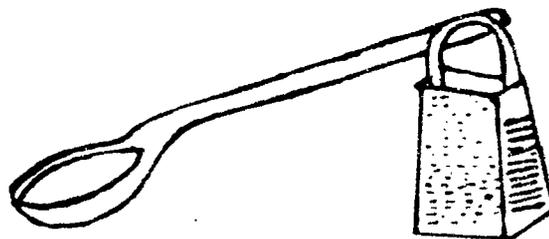
sal



vainilla



Escudilla o envase grande y mediano



cuchara

guallo



platos pequeños



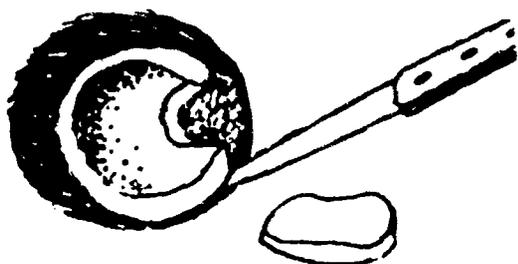
taza medir



colador

(Tembleque continuación)

Sigue estos pasos



Separa la pulpa del coco



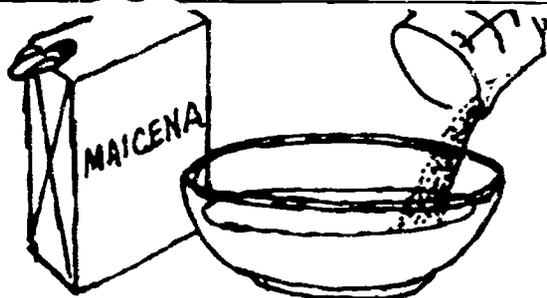
Gualla la pulpa



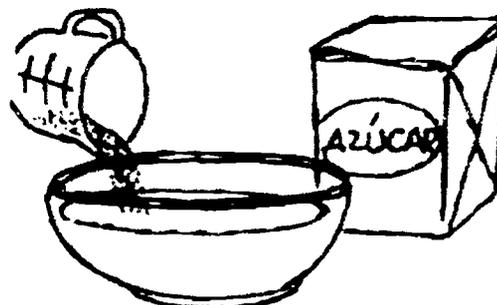
Echa agua poco a poco



Exprime hasta obtener 4 tazas de leche de coco



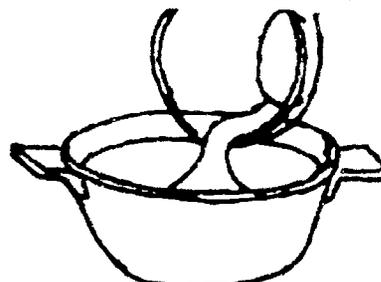
Echa media taza de maicena y mezcla



Echa una taza de azúcar



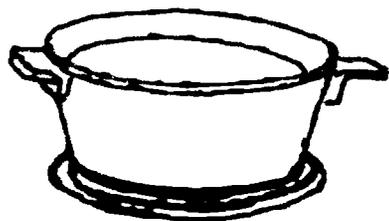
Echa una cucharada de vainilla



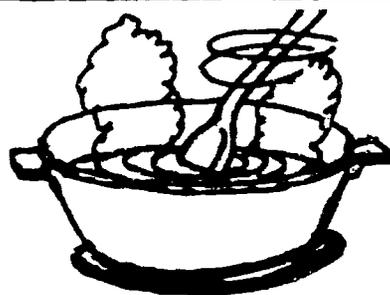
Vierte en una olla

(Tembleque continuación)

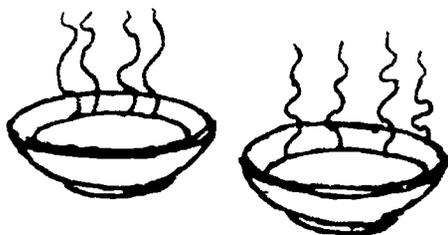
Sigue estos pasos



Coloca en la estufa a temperatura moderada



Mueve constantemente hasta cuajar



Sirve en platos pequeños



Deje enfriar

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